

A SURVEY
OF THE DIETS
OF 50 EDINBURGH FAMILIES.

by

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VOL. II.



F O R E W O R D .

Volume II consists of the tabular
details which form the basis of
the discussion in Volume I.

SHEET 1

A.

	Members of Household	Age	Occupation	Height	Weight	Illness within last 10 years.
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						

B.

Amount Paid Weekly on House Rent		Amount Paid Weekly on Rates & Water Charges.	
Number of Rooms in House (Exclude Bath- room and Scullery).		Bedrooms.	Assigned.
		Other Rooms.	
Number of Rooms Let.		Assignment of Rooms Let.	

C.

Amount Spent on Gas per Week	<u>Slot</u>		<u>Meter</u>
Description of Gas Appliances.	<u>Fires</u>	<u>Stoves</u>	<u>Cookers</u>

D.

Amount Spent in Week on Electricity.	<u>Slot</u>		<u>Meter</u>
Description of Electrical Appliances.	<u>Fires</u>	<u>Stoves</u>	<u>Cookers</u>

SHEET 2

Item.	Description of Food.	Amount.	s.	d.
Bread				
Flour				
Cake: Buns				
Milk - Liquid				
Condensed				
Butter				
Margarine				
Lard, Suet,				
Dripping				
Cheese				
Eggs				
Bacon				
Tea				
Sugar				
Cream				
Beef: Home				
Imported				
Mutton: Home				
Imported				
Lamb: Home				
Imported				
Pork				
Other Meat				
Fish				
Potatoes				
Vegetables				
Fruit: Fresh				
Dry (Currants,				
Prunes)				
Jam, Marmalade,				
Syrup, Treacle				
Other Food				
Water				
Alcohol				
Food Bought and				
Eaten Outside				
Sweets				

SHEET 3

MENU		MENU	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>		<u>Breakfast</u>	
<u>Mid-day</u>		<u>Mid-day</u>	
<u>Afternoon</u>		<u>Afternoon</u>	
<u>Evening</u>		<u>Evening</u>	

MENU		MENU	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>		<u>Breakfast</u>	
<u>Mid-day</u>		<u>Mid-day</u>	
<u>Afternoon</u>		<u>Afternoon</u>	
<u>Evening</u>		<u>Evening</u>	

SHEET 4

Item	Description of Item	Quantity bought	Cost s. d.	
Coal				
Coke				
Firewood				
Oil				
Candles				
Matches				
Soap				
Soda, Polishes, Cleaning Materials				
Ironmongery, Tools, etc.				
Household Brushes, Brooms, etc.				
Crockery, Glass				
Drapery, etc.				
Furniture				
Carpets, Floorcloth, Mats				
Other Utensils, Furnishings, etc.				
	Write "Club" if obtained through a club, or "Cash" if bought other- wise.			
<u>Clothing</u>				
Men's Clothing				
Women's Clothing & Materials				
Children's Clothing & Materials				
Boots & Shoes				
Clothing re- pairs, Clean- ing, Dyeing				
Repairs to Boots and Shoes				
Tobacco, Cigarettes, etc.				

SHEET 5

Item.	Amount (if any) paid this week.	
	s.	d.
Fares to and from Work:-		
(Season or Contract ticket if bt. this week		
Railway (Workmen's cheap fares)		
(Other railway fares)		
Bus, tram, coach, etc. fares		
Other Fares (excluding annual holiday fares):-		
Railway Fares		
Bus, tram, coach, etc. fares		
Newspapers		
Books, Stationery, etc.		
Postages		
Cinemas		
Theatres, Music-Halls, Concerts, etc.		
Sports, Games, etc. (Admission Charges)		
Betting and Football Pools		
Hairdressing		
Payments to Clothing etc. Clubs		
Education (Fees for day school & evening classes)		
Medicine, Drugs, etc.		
Trade Union, Friendly Society, Burial Club, etc.		
Subscriptions		
Payment to Pensions Funds, Insurance Premiums, etc.		
Licences (Dog, Wireless, Motor-cycle, etc.)		
Laundry		
Holiday Expenditure, if any this week (including holiday travelling expenses)		
Other Expenditure this week (give details)		

				A.		B.	
		<u>Member.</u>	<u>Age.</u>	<u>Man</u> <u>Value</u>		<u>Man</u> <u>Value</u>	
A 1.	1.	Father	43 $\frac{10}{12}$	1.00		1.00	
	2.	Mother	38 $\frac{5}{12}$	0.83		0.83	
	3.	Son	15 $\frac{8}{12}$	1.00		1.00	
	4.	Daughter	13 $\frac{3}{12}$	0.90		0.90	
	5.	Son	11 $\frac{5}{12}$	0.80		0.80	
	6.	Son	4 $\frac{7}{12}$	0.50		0.50	
				5.03	5.03	5.03	5.03
A 2.	7.	Father	35	1.00		1.00	
	8.	Mother	30	0.83		0.83	
	9.	Son	3	0.50		0.50	
	10.	Son	$\frac{10}{12}$	0.20		0.30	
				2.53	2.53	2.63	2.63
A 3.	11.	Father	48	1.00		1.00	
	12.	Mother	47	0.83		0.83	
				1.83	1.83	1.83	1.83
A 4.	13.	Father	60	1.00		1.00	
	14.	Mother	51	0.83		0.83	
	15.	Daughter	23	0.83		0.83	
	16.	Son	21	1.00		1.00	
	17.	Daughter	19	0.83		0.83	
	18.	Son	17	1.00		1.00	
				5.49	5.49	5.49	5.49
A 5.	19.	Father	69	1.00		1.00	
	20.	Mother	69	0.83		0.83	
	21.	Daughter	34	0.83		0.83	
	22.	Grand-daughter	21	0.83		0.83	
				3.49	3.49	3.49	3.49

				A.	B.			
A 6.	23.	Father	40	1.00	1.00			
	24.	Mother	43	0.83	0.83			
	25.	Son	15	1.00	1.00			
	26.	Daughter	9	0.70	0.70			
				3.53	3.53	3.53	3.53	
A 7.	27.	Mother	59	0.83	0.83			
	28.	Daughter	21	0.83	0.83			
				1.66	1.66	1.66	1.66	
A 8.	29.	Father	38	1.00	1.00			
	30.	Mother	29	0.83	0.83			
	31.	Son	5	0.50	0.50			
				2.33	2.33	2.33	2.33	
A 9.	32	Father	53	1.00	1.00			
	33.	Mother	51	0.83	0.83			
	34.	Daughter	18	0.83	0.83			
				2.66	2.66	2.66	2.66	
A 10.	35.	Father	44	1.00	1.00			
	36.	Mother	45	0.83	0.83			
	37.	Son (W.)	23	1.00	1.00			
	38.	Son (J.)	19	1.00	1.00			
	39.	Son (C.)	15	1.00	1.00			
	40.	Son (T.)	14	1.00	1.00			
	41.	Son (D.)	11	0.80	0.80			
	42.	Son (G.)	3	0.50	0.50			
	43.	Daughter (C.)	18	0.83	0.83			
	44.	Daughter (M.)	12	0.90	0.90			
	45.	Daughter (G.)	6	0.60	0.60			
				9.46	9.46	9.46	9.46	

				A.	B.	
A 11.	46.	Father	62	1.00	1.00	
	47.	Mother	62	0.83	0.83	
	48.	Son	38	1.00	1.00	
	49.	Daughter	34	0.83	0.83	
	50.	Daughter	21	0.83	0.83	
				4.49	4.49	4.49
A 12.	51.	Grandfather	62	1.00	1.00	
	52.	Grandmother	60	0.83	0.83	
	53.	Father	36	1.00	1.00	
	54.	Mother	34	0.83	0.83	
	55.	Son	4 $\frac{1}{2}$	0.50	0.50	
	56.	Daughter	2 $\frac{1}{2}$	0.40	0.50	
				4.56	4.56	4.66
A 13.	57.	Father	38	1.00	1.00	
	58.	Mother	32	0.83	0.83	
	59.	Son	2	0.40	0.40	
				2.23	2.23	2.23
A 14.	60.	Father	70	1.00	1.00	
	61.	Mother	73	0.83	0.83	
	62.	Daughter	31	0.83	0.83	
				2.66	2.66	2.66
A 15.	63.	Grandfather	57	1.00	1.00	
	64.	Grandmother	54	0.83	0.83	
	65.	Father	36	1.00	1.00	
	66.	Mother	32	0.83	0.83	
	67.	Daughter	5	0.50	0.50	
				4.16	4.16	4.16
A 16.	68.	Father	36	1.00	1.00	
	69.	Mother	41	0.83	0.83	
	70.	Daughter	6	0.60	0.60	
	71.	Lodger (Male)	32	1.00	1.00	

A 16 (Contd.)

				A.	B.	
	72.	Lodger (Female)	21	0.83	0.83	
				4.26	4.26	4.26
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A 17.	73.	Mother	46	0.83	0.83	
	74.	Daughter	20	0.83	0.83	
	75.	Male	19	1.00	1.00	
	76.	Male	24	1.00	1.00	
	77.	Male	26	1.00	1.00	
				4.66	4.66	4.66
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A 18.	78.	Husband	74	1.00	1.00	
	79.	Wife	62	0.83	0.83	
	80.	Female	56	0.83	0.83	
	81.	Female	78	0.83	0.83	
				3.49	3.49	3.49
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A 19.	82.	Father	41	1.00	1.00	
	83.	Mother	42	0.83	0.83	
	84.	Daughter	17	0.83	0.83	
	85.	Daughter	11	0.80	0.80	
				3.46	3.46	3.46
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A 20.	86.	Father	62	1.00	1.00	
	87.	Son	36	1.00	1.00	
	88.	Daughter	31	0.83	0.83	
	89.	Son	27	1.00	1.00	
				3.83	3.83	3.83
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A 21.	90.	Father	38	1.00	1.00	
	91.	Mother	37	0.83	0.83	
	92.	Daughter	4	0.50	0.50	
				2.33	2.33	2.33

				A.	B.	
A 22.	93.	Father	82	1.00	1.00	
	94.	Mother	77	0.83	0.83	
	95.	Son	50	1.00	1.00	
	96.	Daughter	45	0.83	0.83	
	97.	Female Lodger	56	0.83	0.83	
	98.	Female Lodger	16	0.83	0.83	
				5.32	5.32	5.32
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A 23.	99.	Mother	57	0.83	0.83	
	100.	Daughter	29	0.83	0.83	
				1.66	1.66	1.66
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A 24.	101.	Father	40	1.00	1.00	
	102.	Mother	39	0.83	0.83	
	103.	Son (J.)	15	1.00	1.00	
	104.	Daughter (S.)	13	0.90	0.90	
	105.	Son (A.)	11	0.80	0.80	
	106.	Son (A.)	8	0.70	0.70	
	107.	Daughter (B.)	6	0.60	0.60	
	108.	Son (A.)	4	0.50	0.50	
	109.	Daughter (J.)	2	0.40	0.40	
				6.73	6.73	6.73
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A 25.	110	Father	62	1.00		
	111.	Mother	62	0.83		
	112.	Daughter	22	0.83		
(Males (19) over 21				-		
				2.66	2.66	
<hr/>						
B 25.	110.	Father	32		1.00	
	111.	Mother	29		0.83	
	112.	Daughter	4		0.50	
(Males (19) over				21)	-	
					2.33	2.33

				A.		B.	
A 26.	113.	Father	41	1.00		1.00	
	114.	Mother	41	0.83		0.83	
	115.	Son	14	1.00		1.00	
	116.	Daughter	12	0.90		0.90	
	117.	Son	5	0.50		0.50	
				4.23	4.23	4.23	4.23
A 27.	118.	Father	30	1.00		1.00	
	119.	Mother	28	0.83		0.83	
	120.	Son	4 $\frac{1}{2}$	0.50		0.50	
	121.	Son	1 $\frac{1}{2}$	0.30		0.40	
				2.63	2.63	2.73	2.73
A 28.	122.	Father	41	1.00		1.00	
	123.	Mother	40	0.83		0.83	
	124.	Son	16	1.00		1.00	
	125.	Daughter	12	0.90		0.90	
				3.73	3.73	3.73	3.73
A 29.	126.	Father	67	1.00		1.00	
	127.	Mother	58	0.83		0.83	
	128.	Male	78	1.00		1.00	
				2.83	2.83	2.83	2.83
A 30.	129.	Father	39	1.00		1.00	
	130.	Mother	41	0.83		0.83	
	131.	Daughter	6	0.60		0.60	
				2.43	2.43	2.43	2.43
A 31.	132.	Father	47	1.00		1.00	
	133.	Mother	46	0.83		0.83	
	134.	Son	22	1.00		1.00	
	135.	Daughter	19	0.83		0.83	
	136.	Son	7	0.70		0.70	
	137.	Grandson	1	0.30		0.30	
B 31		Grandson	3 months	-		-	
				4.66	4.66	4.66	4.66

				A.		B.	
A 32.	138.	Mother	41	0.83		0.83	
	139.	Daughter	17	0.83		0.83	
	140.	Son	15	1.00		1.00	
	141.	Son	12	0.90		0.90	
	142.	Son	10	0.80		0.80	
				<u>4.36</u>	4.36	<u>4.36</u>	4.36
A 34.	143.	Father	71	1.00		1.00	
	144.	Mother	63	0.83		0.83	
	145.	Son	44	1.00		1.00	
				<u>2.83</u>	2.83	<u>2.83</u>	2.83
A 35.	146.	Father	40	1.00		1.00	
	147.	Mother	41	0.83		0.83	
	148.	Daughter	12	0.90		0.90	
	149.	Daughter	8	0.70		0.70	
	150.	Son	4	0.50		0.50	
				<u>3.93</u>	3.93	<u>3.93</u>	3.93
A 36.	151.	Father	70	1.00		1.00	
	152.	Mother	54	0.83		0.83	
	153.	Son	24	1.00		1.00	
	154.	Son	22	1.00		1.00	
				<u>3.83</u>	3.83	<u>3.83</u>	3.83
A 37.	155.	Father	50	1.00		1.00	
	156.	Mother	50	0.83		0.83	
	157.	Daughter	21	0.83		0.83	
	158.	Male	21	1.00		1.00	
				<u>3.66</u>	3.66	<u>3.66</u>	3.66
A 38.	159.	Father	62	1.00		1.00	
	160.	Mother	57	0.83		0.83	
	161.	Daughter	23	0.83		0.83	
	162.	Male	34	1.00		1.00	
				<u>3.66</u>	3.66	<u>3.66</u>	3.66

				A.	B.			
A 39.	163.	Father	60	1.00	1.00			
	164.	Mother	60	0.83	0.83			
	165.	Son	32	1.00	1.00			
	166.	Daughter	28	0.83	0.83			
				3.66	3.66	3.66	3.66	
A 40.	167.	Father	31	1.00	1.00			
	168.	Mother	26	0.83	0.83			
	169.	Daughter	5	0.50	0.50			
				2.33	2.33	2.33	2.33	
A 42.	170.	Father	32	1.00	1.00			
	171.	Mother	34	0.83	0.83			
				1.83	1.83	1.83	1.83	
A 43.	172.	Female	74	0.83	0.83			
	173.	Female	63	0.83	0.83			
				1.66	1.66	1.66	1.66	
A 44.	174.	Father	36	1.00	1.00			
	175.	Mother	28	0.83	0.83			
	176.	Son	5	0.50	0.50			
				2.33	2.33	2.33	2.33	
A 45.	177.	Grandfather	62	1.00	1.00			
	178.	Grandfather	70	0.83	0.83			
	179.	Grandson	17	1.00	1.00			
				2.83	2.83	2.83	2.83	
A 46.	180.	Father	57	1.00	1.00			
	181.	Mother	50	0.83	0.83			
	182.	Daughter	15½	0.83	0.83			
				2.66	2.66	2.66	2.66	

				A.		B.	
A 47.	183.	Father	52	1.00		1.00	
	184.	Mother	44	0.83		0.83	
				<u>1.83</u>	1.83	<u>1.83</u>	1.83
A 48.	185.	Mother	55	0.83		0.83	
	186.	Son	29	1.00		1.00	
	187.	Son	17	1.00		1.00	
	188.	Daughter	16	0.83		0.83	
	189.	Son	11	0.90		0.90	
				<u>4.56</u>	4.56	<u>4.56</u>	4.56
A 49.	190.	Father	45	1.00		1.00	
	191.	Mother	45	0.83		0.83	
	192.	Daughter	7	0.60		0.60	
	193.	Son	5	0.50		0.50	
				<u>2.93</u>	2.93	<u>2.93</u>	2.93
A 50.	194.	Father	60	1.00		1.00	
	195.	Mother	60	0.83		0.83	
				<u>1.83</u>	1.83	<u>1.83</u>	1.83
A 51.	196.	Mother	60	0.83		0.83	
	197.	Son	26	1.00		1.00	
	198.	Son	21	1.00		1.00	
				<u>2.83</u>	2.83	<u>2.83</u>	2.83
Total for Families 1 to 51				168.57		168.54	
A 52.	199						
	to	19 males					
	217	all over	21	19.00	19.00	19.00	19.00
Total For Families 1 to 52				187.57		187.54	

A 1. Rent - Not paid weeklyRooms 8 : Bedrooms 5.Rates - Not paid weeklyMan Value - A. 5.03Gas - Paid quarterly

B. 5.03

Electricity - Paid quarterly.A. Food - £2 : 19 : 9 $\frac{1}{2}$ Other items - £4 : 7 : 6B 1. B. " £2 : 11 : 0 $\frac{3}{4}$

" " £5 : 9 : 10

Food per man valueOther itemsTotalA. 11/10 $\frac{1}{2}$ 17/4 $\frac{1}{2}$

29/3

B. 10/1 $\frac{3}{4}$

21/10

31/11 $\frac{3}{4}$ A 2. Rent 13/1 weeklyRooms 4 : Bedrooms 2Rates - 3/3 $\frac{1}{2}$ "Man Value - A. 2.53Gas 1/- "

B. 2.63

Electricity - 1/-Food - £2 : 7 : 5Other items - 18/6B 2. £2 : 1 : 6 $\frac{1}{2}$

15/10

Food per man valueOther itemsTotalA. 18/8 $\frac{3}{4}$ 7/3 $\frac{1}{2}$ 26/0 $\frac{1}{4}$ B. 15/9 $\frac{1}{2}$

6/-

21/9 $\frac{1}{2}$ A 3. Rent 12/6Rooms 2 : Bedroom 1Rates - Paid quarterlyMan Value - A. 1.83Gas - Paid quarterly

B. 1.83

Electricity -Food - £1 : 11 : 11 $\frac{1}{2}$ Other items - £2 : 6 : 6B 3. £1 : 14 : 3 $\frac{1}{2}$

£2 : 7 : 10

Food per man valueOther itemsTotalA. 17/5 $\frac{1}{2}$

25/4

42/9 $\frac{1}{2}$ B. 21/5 $\frac{1}{2}$ 26/1 $\frac{1}{2}$

47/7

A 7.	<u>Rent</u> - Quarterly (Rates included)	<u>Rooms</u> - 2: <u>Bedroom</u> - 1
	<u>Gas</u> - Quarterly	<u>Man Value</u> - A. 1.66
	<u>Electricity</u>	B. 1.66
	<u>Food</u> - 18/4 $\frac{1}{2}$	<u>Other expenses</u> - £1 : 12 : 3
B 7.	17/-	- : 10 : 1 $\frac{1}{2}$
	<u>Food per man value</u>	<u>Other items</u> <u>Total</u>
	A. 11/0 $\frac{3}{4}$	19/5 30/5 $\frac{3}{4}$
	B. 10/2 $\frac{3}{4}$	6/1 16/3 $\frac{3}{4}$

A 8.	<u>Rent</u> - 13/1	<u>Rooms</u> - 4 : <u>Bedrooms</u> - 2
	<u>Rates</u> - 3/5 $\frac{1}{2}$	<u>Man Value</u> - A. 2.33
	<u>Gas</u> - 1/-	B. 2.33
	<u>Electricity</u> - 1/-	<u>Other expenses</u> - £1 : 5 : 5 $\frac{1}{2}$
	<u>Food</u> - £1 : 3 : 5 $\frac{1}{2}$	
B 8.	£1 : 10 : -	13/6 $\frac{1}{2}$
	<u>Food per man value</u>	<u>Other items</u> <u>Total</u>
	A. 10/0 $\frac{3}{4}$	12/11 22/11 $\frac{3}{4}$
	B. 12/10 $\frac{1}{2}$	5/9 $\frac{1}{2}$ 18/8

A 9.	<u>Rent</u> - Quarterly	<u>Rooms</u> - 4 : <u>Bedrooms</u> - 2
	<u>Rates</u> - Quarterly	<u>Man Value</u> - A. 2.66
	<u>Gas</u> - Quarterly	B. 2.66
	<u>Electricity</u>	
	<u>Food</u> - £1 : 16 : 9	<u>Other items</u> - £1 : 19 : 6
B 9.	£1 : 14 : 8	£1 : 9 : 3
	<u>Food per man value</u>	<u>Other items</u> <u>Total</u>
	A. 13/9 $\frac{3}{4}$	14/10 28/7 $\frac{3}{4}$
	B. 13/0 $\frac{1}{4}$	10/11 $\frac{3}{4}$ 24/-

A 10	<u>Rent and Rates</u> - 11/6	<u>Rooms</u> - 3 (all bedrooms)
	<u>Gas</u> - 8/-	<u>Man value</u> - A. 9.46
	<u>Electricity</u> - none	B. 9.46
	<u>Food</u> - £2 : 18 : 2½	<u>Other items</u> - £3 : 9 : 11
B 10.	£2 : 16 : 0	£2 : 10 : 0

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 6/1¼	7/4½	13/6¼
B. 5/11	5/3¼	11/2¼

A 11.	<u>Rent and Rates</u> - 11/3	<u>Rooms</u> - 4: <u>Bedrooms</u> - 3
	<u>Gas</u>) Quarterly	<u>Man value</u> - A. 4.49
	<u>Electricity</u>)	B. 4.49
	<u>Food</u> - £3: 3: 8½	<u>Other items</u> - 11/-
B 11.	£3: 1: 5	13/11

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 14/2¼	2/5¼	16/7½
B. 13/8	3/1	16/9

A 12.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 4 : <u>Bedrooms</u> - 2
	<u>Gas</u> - Quarterly	<u>Man value</u> A. 4.56
	<u>Electricity</u> - Quarterly	B. 4.66
	<u>Food</u> - £3 : 17 : 9½	<u>Other items</u> - 8/10
B 12.	£4 : 10 : 1½	18/4

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 17/0½	1/11¼	18/11¾
B. 18/1	3/11	22/-

A 13. Rent and Rates - 10/-
Gas - 1/6
Electricity - None
Food - £1 : 10 : 0

Rooms - 2 : Bedroom - 1
Man value - A. 2.23
 B. 2.23
Other items - 12/7

B 13. £1 : 19 : 10½

9/1

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 13/5¼	5/7½	19/0¾
B. 17/10½	4/0¾	21/11¼

A 14. Rent and Rates - Paid monthly
Gas - Quarterly
Electricity - None
Food - £2 : 1 : 1

Rooms - 2 (Bedrooms)
Man value - A. 2.66
 B. 2.66
Other items - £1 : 8 : 9½

B 14. £2 : 6 : 10

18 : 4

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 15/5¼	11/1½	26/6¾
B. 17/7¼	6/10½	24/5¾

A 15. Rent and Rates - Monthly

Rooms - 5 : Bedrooms - 3

Gas)
Electricity) Quarterly

Man value - A. 4.16
 B. 4.16

Food - £2 : 19 : 0

Other items - £3 : 2 : 3½

B 15. £3 : 10 : 5

£2 : 8 : 11½

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 14/2	14/11½	29/1½
B. 16/11	11/9	28/8

A 16.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 6 : <u>Bedrooms</u> - 4
	<u>Gas</u>)	<u>Man value</u> - A. 4.26
	<u>Electricity</u>) Quarterly	B. 4.26
	<u>Food</u> - £3 : 1 : 10	<u>Other items</u> - £3 : 0 : 11
B 16.	£3 : 8 : 9	£1 : 17 : 1

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 14/6	14/3½	28/9½
B. 16/1½	8/8¼	24/9¾

A 17.	<u>Rent and Rates</u> - Annually	<u>Rooms</u> - 6 : <u>Bedrooms</u> - 4
	<u>Gas</u>)	<u>Man value</u> - A. 4.66
	<u>Electricity</u>) Quarterly	B. 4.66
	<u>Food.</u> - £3 : 18 : 10	<u>Other items</u> - £2 : 13 : 0
B 17.	£2 : 17 : 4	£1 : 9 : 11

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 16/11	7/0¾	23/11¾
B. 12/3¼	6/5	18/8¼

A 18.	<u>Rent and Rates</u> - Half yearly	<u>Rooms</u> - 7 : <u>Bedrooms</u> - 3
	<u>Gas</u>)	<u>Man value</u> - A. 3.49
	<u>Electricity</u>) Quarterly	B. 3.49
	<u>Food</u> - £3 : 4 : 5½	<u>Other items</u> - £1 : 17 : 10
B 18.	£3 : 3 : 5½	14 : 2

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 18/5	10/10	29/3
B. 18/2¼	4/0½	22/2¼

A 19.	<u>Rent and Rates</u> - Annually	<u>Rooms</u> - 3 : <u>Bedrooms</u> - 2
	<u>Gas</u> - Quarterly	<u>Man value</u> - A. 3.46
	<u>Electricity</u> - Quarterly.	B. 3.46
	<u>Food</u> - £2 : 11 : 4	<u>Other items</u> - £5 : 12 : 8
B 19.	£2 : 13 : 1 $\frac{3}{4}$	£1 : 12 : 7

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 18/7 $\frac{1}{2}$	32/6 $\frac{3}{4}$	51/2 $\frac{1}{4}$
B. 15/4 $\frac{1}{4}$	9/5	24/9 $\frac{1}{4}$

A 20.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 4 : <u>Bedrooms</u> - 3
	<u>Gas</u> - Quarterly	<u>Man value</u> - A. 3.83
	<u>Electricity</u> - Quarterly.	B. 3.83
	<u>Food</u> - £2 : 18 : 2 $\frac{1}{2}$	<u>Other items</u> - £1 : 10 : 10
B 20.	£2 : 19 : 1 $\frac{1}{2}$	£2 : 5 : 9 $\frac{1}{2}$

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 15/2 $\frac{1}{4}$	8/0 $\frac{1}{2}$	23/2 $\frac{3}{4}$
B. 15/5 $\frac{1}{4}$	11/11 $\frac{1}{4}$	27/4 $\frac{1}{2}$

A 21.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 3 : <u>Bedrooms</u> - 2
	<u>Gas</u> - 1/9	<u>Man value</u> - A. 2.33
	<u>Electricity</u> - 1/3	B. 2.33
	<u>Food</u> - £1 : 11 : 4 $\frac{1}{4}$	<u>Other items</u> - £1 : 11 : 7
B 21.	£1 : 10 : 5	6 : -

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 13/4 $\frac{1}{2}$	13/6 $\frac{1}{2}$	26/11
B. 13/0 $\frac{1}{2}$	2/7 $\frac{1}{4}$	15/7 $\frac{3}{4}$

A 22.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 4 : <u>Bedrooms</u> - 4
	<u>Gas</u> - quarterly	<u>Man value</u> - A. 5.32
	<u>Electricity</u> - None	B. 5.32
	<u>Food</u> - £3 : 6 : 2½	<u>Other items</u> - 10/2
B 22.	£3 : 6 : 8¼	7/3

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 12/5½	1/10¾	14/4½
B. 12/6½	1/4½	13/10½

A 23.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 4 : <u>Bedrooms</u> - 2
	<u>Gas</u> - Quarterly	<u>Man value</u> - A. 1.66
	<u>Electricity</u> - Quarterly	B. 1.66
	<u>Food</u> - £1 : 7 : 6¾	<u>Other items</u> - £4 : 18 : 7½
B 23.	17 : 3½	3 : 10

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 16/6½	68/4½	84/10¾
B. 10/5	2/3½	12/8½

A 24.	<u>Rent and Rates</u> - 5/7½	<u>Rooms</u> - 2 (Bedrooms 4 in (2))
	<u>Gas</u> - 2/6	<u>Man value</u> - A. 6.73
	<u>Electricity</u> - None	B. 6.73
	<u>Food</u> - £1 : 5 : 2½	<u>Other items</u> - -
B 24.	£1 : 17 : 5½	3/4½

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 3/8¾	-	3/8¾
B. 5/6½	6d	6/0½

A 25.	<u>Rent and Rates</u> - Paid yearly	<u>Rooms</u> -	<u>Bedrooms</u> - 2
	<u>Gas</u> - Paid quarterly	<u>Man value</u>	A. 2.66
	<u>Electricity</u> " "		B. 2.33
	<u>Food</u> - £2 : 8 : 4 $\frac{1}{2}$	<u>Other items</u> -	£2 : 4 : 3 $\frac{1}{2}$
B 25.	£2 : 14 : 2		- - -

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 18/2	16/7 $\frac{1}{4}$	34/9 $\frac{1}{4}$
B. 23/2	-	23/2

A 26.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 3 : <u>Bedrooms</u> - 2
	<u>Gas</u> - Quarterly	<u>Man value</u> - A. 4.23
	<u>Electricity</u> - Quarterly	B. 4.23
	<u>Food</u> - £2 : 2 : 1 $\frac{1}{4}$	<u>Other items</u> £1 : 2 : 2
B 26.	£1 : 15 : 2 $\frac{1}{2}$	11 : 11

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 9/11	5/2 $\frac{3}{4}$	15/1 $\frac{3}{4}$
B. 8/3 $\frac{3}{4}$	2/9 $\frac{3}{4}$	11/1 $\frac{1}{8}$

A 27.	<u>Rent and Rates</u> - Monthly	<u>Rooms</u> - 3 : <u>Bedrooms</u> - 2
	<u>Gas</u> - 2/6 weekly	<u>Man value</u> - A. 2.63
	<u>Electricity</u> - 3/- weekly	B. 2.73
	<u>Food</u> - £2 : 2 : 2 $\frac{1}{2}$	<u>Other items</u> - £1 : 13 : 1 $\frac{1}{2}$
B 27.	£2 : 14 : 10 $\frac{1}{2}$	9 : 7 $\frac{1}{4}$

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 16/0 $\frac{1}{2}$	12/7	28/7 $\frac{1}{2}$
B. 20/1	3/6	23/7

A 28 Rent and Rates - AnnuallyGas - 1/6 weeklyElectricity - QuarterlyFood - £1 : 16 : 0 $\frac{1}{2}$ Rooms - 3 : Bedrooms - 2Man value - A. 3.73

B. 3.73

Other items - 6/7 $\frac{1}{2}$ B 28. £1 : 14 : 10 $\frac{1}{4}$ 13/0 $\frac{1}{2}$ Food per man valueOther itemsTotalA. 9/7 $\frac{3}{4}$ 1/9 $\frac{1}{4}$

11/5

B. 9/4

3/8 $\frac{3}{4}$ 13/0 $\frac{3}{4}$ A 29. Rent and Rates - YearlyGas - QuarterlyElectricity - QuarterlyFood - £1 : 10 : 6Rooms - 4 : Bedrooms - 3Man value - A. 2.83

B. 2.83

Other items - £4 : 1 : 0 $\frac{1}{2}$ B 29. £1 : 17 : 6 $\frac{1}{2}$ £1 : 17 : 9 $\frac{1}{2}$ Food per man valueOther itemsTotal

A. 10/9

28/7 $\frac{1}{2}$ 39/4 $\frac{1}{2}$

B. 13/3

13/4 $\frac{1}{2}$ 26/7 $\frac{1}{2}$ A 30. Rent and Rates - AnnuallyGas - 1/- weeklyElectricity - QuarterlyFood - £2 : 2 : 4 $\frac{3}{4}$ Rooms - 3 : Bedrooms - 2Man value - A. 2.43

B. 2.43

Other items - 17/2

B 30. £2 : 2 : 1

£1 : 1 : 9 $\frac{1}{2}$ Food per man valueOther itemsTotalA. 17/5 $\frac{1}{4}$ 7/0 $\frac{3}{4}$

24/6

B. 17/3 $\frac{3}{4}$ 8/11 $\frac{1}{2}$ 26/3 $\frac{1}{4}$

A 31.	<u>Rent and Rates</u> - Annually	<u>Rooms</u> - 7 : <u>Bedrooms</u> - 5
	<u>Gas</u> - 4/- weekly	<u>Man value</u> - A. 4.66
	<u>Electricity</u> - Quarterly	B. 4.66
	<u>Food</u> - £2 : 7 : 4 $\frac{1}{4}$	<u>Other items</u> - £1 : 0 : 5 $\frac{1}{2}$
B 31.	£2 : 13 : 8 $\frac{1}{2}$	15 : 6

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 10/1 $\frac{3}{4}$	4/4 $\frac{1}{2}$	14/6 $\frac{1}{4}$
B. 11/6 $\frac{3}{4}$	3/3 $\frac{1}{4}$	14/10 $\frac{1}{2}$

A 32.	<u>Rent and Rates</u> - 5/- weekly	<u>Rooms</u> - 3 : <u>Bedrooms</u> - 2
	<u>Gas</u> - 3/1	<u>Man value</u> - A. 4.36
	<u>Electricity</u> - None	B. 4.36
	<u>Food</u> - £2 : 14 : 5 $\frac{1}{2}$	<u>Other items</u> - 3/8
B 32.	£1 : 17 : -	-

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 12/5 $\frac{3}{4}$	10d	13/3 $\frac{3}{4}$
B. 8/5 $\frac{3}{4}$	-	8/5 $\frac{3}{4}$

A 34.	<u>Rent and Rates</u> - Annually	<u>Rooms</u> - 4 : <u>Bedrooms</u> - 2
	<u>Gas</u> - Quarterly	<u>Man value</u> - A. 2.83
	<u>Electricity</u> - None	B. 2.83
	<u>Food</u> - £2 : 15 : 0	<u>Other items</u> - £1 : 2 : 7
B 34.	£2 : 10 : 1	18 : -

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 19/5	7/11 $\frac{3}{4}$	27/4 $\frac{3}{4}$
B. 17/8 $\frac{1}{4}$	6/4 $\frac{1}{4}$	24/0 $\frac{1}{2}$

A 35. Rent and Rates - 7/-Gas - 2/-Electricity - 2/-Food - £1 : 11 : 5

B 35. £1 : 12 : 10½

Rooms - 3 : Bedrooms - 2Man value - A. 3.93

B. 3.93

Other items - 11/11

3/2

Food per man valueOther itemsTotal

A. 7/11½

3/0½

11/-

B. 8/4½

-9½

9/1½

A 36. Rent and Rates - AnnuallyGas - QuarterlyElectricity - QuarterlyFood - £4 : 6 : 11

B 36. £5 : 3 : 0½

Rooms - 5 : Bedrooms 3Man value - A. 3.83

B. 3.83

Other items - 13/5

-

Food per man valueOther itemsTotal

A. 22/8

3/6

26/2

B. 26/10½

-

26/10½

A 37. Rent and Rates - QuarterlyGas - 1/6Electricity - QuarterlyFood - £2 : 1 : 8

B 37. £2 : 17 : 0

Rooms - 4 : Bedrooms - 3Man value - A. 3.66

B. 3.66

Other items - 4/8

-

Food per man valueOther itemsTotal

A. 11/4½

1/3½

12/7½

B. 15/6¾

-

15/6¾

A 38	<u>Rent and Rates</u> - half yearly	<u>Rooms</u> - 5 : <u>Bedrooms</u> - 3
	<u>Gas</u> - quarterly	<u>Man value</u> - A. 3.66
	<u>Electricity</u> - quarterly	B. 3.66
	<u>Food</u> - £1 : 11 : 8 $\frac{3}{4}$	<u>Other items</u> - 7/5
B 38.	£1 : 12 : 5	5/10 $\frac{1}{2}$

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 8/8	2/0 $\frac{1}{4}$	10/8 $\frac{1}{4}$
B. 8/10 $\frac{1}{4}$	1/7 $\frac{1}{4}$	10/5 $\frac{1}{2}$

A 39.	<u>Rent and Rates</u> - half yearly	<u>Rooms</u> - 3 : <u>Bedrooms</u> - 2
	<u>Gas</u> - quarterly	<u>Man value</u> - A. 3.66
	<u>Electricity</u> - quarterly	B. 3.66
	<u>Food</u> - £2 : 8 : 8	<u>Other items</u> - £1 : 1 : 11 $\frac{1}{2}$
B 39.	£2 : 6 : 1	9 : 6

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 13/3 $\frac{1}{2}$	5/11 $\frac{3}{4}$	19/3 $\frac{1}{4}$
B. 12/7	2/7	15/2

A 40.	<u>Rent and Rates</u> - Monthly	<u>Rooms</u> - 2 : <u>Bedrooms</u> - 2
	<u>Gas</u> - 2/6 weekly	<u>Man value</u> - A. 2.33
	<u>Electricity</u> - none	B. 2.33
	<u>Food</u> - £1 : 11 : 4 $\frac{1}{2}$	<u>Other items</u> - 15/1
B 40.	£1 : 6 : 1	8/7

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 13/5 $\frac{1}{2}$	6/5 $\frac{1}{2}$	19/11
B. 11/2 $\frac{1}{4}$	3/8	14/10 $\frac{1}{4}$

A 42.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 2 : <u>Bedroom</u> - 1
	<u>Gas</u> - Quarterly	<u>Man Value</u> - A. 1.83
	<u>Electricity</u> - Quarterly	B. 1.83
	<u>Food</u> - £1 : 6 : 8 $\frac{1}{4}$	<u>Other items</u> 16/4
B 42.	£1 : 16 : 2 $\frac{1}{4}$	£1 : 2 : 1

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 14/7	8/11	23/6
B. 19/3	12/0 $\frac{3}{4}$	31/3 $\frac{3}{4}$

A 43.	<u>Rent and Rates</u> - Annually	<u>Rooms</u> - 7 : <u>Bedrooms</u> - 2-4
	<u>Gas</u> - Quarterly	<u>Man Value</u> - A. 1.66
	<u>Electricity</u> - Quarterly	B. 1.66
	<u>Food</u> - £2 : 8 : 5 $\frac{3}{4}$	<u>Other items</u> - 5/10
B 43.	£1 : 19 : 6 $\frac{3}{4}$	

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 29/2 $\frac{1}{2}$	3/6	32/8 $\frac{1}{2}$
B. 23/3 $\frac{3}{4}$	-	23/3 $\frac{3}{4}$

A 44.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 3 : <u>Bedrooms</u> - 2
	<u>Gas</u> - Quarterly	<u>Man Value</u> - A. 2.33
	<u>Electricity</u> - Quarterly	B. 2.33
	<u>Food</u> - £1 : 6 : 1 $\frac{1}{2}$	<u>Other items</u> - 17/10 $\frac{1}{2}$
B 44.	£1 : 7 : 1	10/7

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 11/2 $\frac{1}{2}$	7/8	18/10 $\frac{1}{2}$
B. 11/7 $\frac{1}{2}$	4/6 $\frac{1}{2}$	16/2

A 45.	<u>Rent and Rates</u> - $7/10\frac{1}{2}$	<u>Rooms</u> - 2 : <u>Bedrooms</u> - 2
	<u>Gas</u> - $2/6$	<u>Man Value</u> - A. 2.83
	<u>Electricity</u> - None	B. 2.83
	<u>Food</u> - $15/1\frac{1}{2}$	<u>Other items</u> - $4/10$
B 45.	$16/4$	$3/7$

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. $5/4$	$1/8\frac{1}{2}$	$7/0\frac{1}{2}$
B. $5/9\frac{1}{4}$	$1/3$	$7/0\frac{1}{4}$

A 46.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 3 : <u>Bedrooms</u> - 2
	<u>Gas</u> - Quarterly	<u>Man Value</u> - A. 2.66
	<u>Electricity</u> - Quarterly	B. 2.66
	<u>Food</u> - £1 : 10 : $5\frac{1}{4}$	<u>Other items</u> - $13/5\frac{1}{2}$
B 46.	£1 : 6 : $4\frac{1}{2}$	$6/3$

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. $11/5\frac{1}{4}$	$5/0\frac{1}{2}$	$16/5\frac{3}{4}$
B. $9/10\frac{3}{4}$	$2/4$	$12/2\frac{3}{4}$

A 47.	<u>Rent and Rates</u> - Quarterly	<u>Rooms</u> - 2 : <u>Bedroom</u> - 1
	<u>Gas</u> - Quarterly	<u>Man Value</u> - A. 1.83
	<u>Electricity</u> - Quarterly	B. 1.83
	<u>Food</u> - £1 : 11 : 9	<u>Other items</u> - $5/0\frac{1}{2}$
B 47.	£1 : 13 : $11\frac{3}{4}$	$3/8$

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. $17/4$	$2/9$	$20/1$
B. $18/6\frac{3}{4}$	$2/-$	$20/6\frac{3}{4}$

A 48. Rent and Rates - Quarterly

Gas - Quarterly

Electricity - None

Food - £2 : 4 : 11 $\frac{3}{4}$

B 48. £2 : 0 : 2 $\frac{1}{2}$

Rooms - 4 : Bedrooms - 3

Man Value - A. 4.56

B. 4.56

Other items - 10/6

10/4

Food per man value

Other items

Total

A. 9/10 $\frac{1}{4}$

2/3 $\frac{1}{2}$

12/1 $\frac{3}{4}$

B. 8/9 $\frac{3}{4}$

2/3

11/0 $\frac{3}{4}$

A 49. Rent and Rates - 10/1

Gas - 1/2

Electricity - 1/-

Food - £1 : 7 : 1

B 49. £1 : 10 : 6 $\frac{1}{2}$

Rooms - 3 : Bedrooms - 2

Man Value - A. 2.93

B. 2.93

Other items - 4/0 $\frac{1}{8}$

-

Food per man value

Other items

Total

A. 9/2 $\frac{3}{4}$

1/4 $\frac{1}{4}$

10/7

B. 10/5

-

10/5

A 50. Rent and Rates - Annually

Gas - Quarterly

Electricity - Quarterly

Food - £1 : 6 : 7 $\frac{3}{4}$

B 50. £2 : 0 : 11 $\frac{1}{4}$

Rooms - 4 : Bedrooms 2

Man Value - A. 1.83

B. 1.83

Other items - 7/7

18/2

Food per man value

Other items

Total

A. 14/6 $\frac{1}{2}$

4/1 $\frac{1}{2}$

18/8

B. 22/4 $\frac{1}{2}$

9/11

32/3 $\frac{1}{2}$

A 51.	<u>Rent and Rates</u> - Monthly	<u>Rooms</u> - 3 : <u>Bedrooms</u> - 3
	<u>Gas</u> - 1/2	<u>Man Value</u> - A. 2.83
	<u>Electricity</u> - Quarterly	B. 2.83
	<u>Food</u> - £2 : 8 : 9	<u>Other items</u> - £1 : 18 : 0 $\frac{1}{2}$
B 51.	£2 : 0 : 9	£1 : 17 : 2 $\frac{1}{2}$

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 17/2 $\frac{1}{2}$	13/5 $\frac{1}{4}$	30/7 $\frac{3}{4}$
B. 14/4 $\frac{3}{4}$	13/1 $\frac{3}{4}$	27/6 $\frac{1}{2}$

A 52.	<u>Rent and Rates</u> - Paid	<u>Rooms</u> - Dormitories
	<u>Gas</u> - Paid	<u>Man Value</u> - A. 19.00
	<u>Electricity</u> - Paid	B. 19.00
	<u>Food</u> - £11 : 7 : 4 $\frac{1}{2}$	<u>Other items</u> Nil.
B 52.	£12 : 3 : 1	-

<u>Food per man value</u>	<u>Other items</u>	<u>Total</u>
A. 11/11 $\frac{1}{2}$	-	11/11 $\frac{1}{2}$
B. 12/9 $\frac{1}{2}$	-	12/9 $\frac{1}{2}$

M E A T.

WEIGHT Grams.	FOOD	MEASURE	PROT. Gms.	FAT Gms.	CALORIES.
<u>BEEF OR MUTTON</u>					
100	Average raw meat		20	12.5	193
100	Average cooked meat, E.P. Good serving cp. 1, 2, 3, below		25	16	244
60	Average cooked meat, E.P. Mod. serving		15	10	150
100	Lean cooked beef or mutton, free from visible fat	Mod. serving	25	5	145
60	" " " " " Mod. serving		15	3	87
100	Corned beef, tinned		25	20	280
60	" " "		15	12	168
100	Lean only of mutton cutlet, cooked		25	5	145
60	" " "		15	3	87
100	Fat of meat only, cooked		0	85	765
100	Average grilled mutton chop		17	31	347
<u>LOIN CHOP.</u>					
115	Total raw weight	1 chop about 1" thick	10.25	17.35	197
70	The above grilled		10.25	17.35	197
59	The above, grilled, E.P.		10.25	17.35	197
Consisting of Bone, 11 gms., Lean, 41 gms., Fat, 18 gms.					
<u>RIB CUTLET.</u>					
135	Total raw weight	1 average rib cutlet	13.5	28	306
102	The above, grilled		13.5	28	306
84	The above, grilled, E.P.		13.5	28	306
Consisting of Bone, 18 gms., Lean, 54 gms., Fat, 30 gms.					

Refs. 1. E.P. = Edible Portion.

2. Average cooked meat refers to the lean portion of beef or mutton, together with the small amount of fat usually served and eaten.

3. If fatter mutton is used, the figures given for the Chop total E.P. will be approximately correct.

MEAT (Continued).

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALORIES</u>
<u>LAMB CUTLET (trimmed)</u>					
	Total raw weight				
	The above grilled				
	The above, grilled E.P.				
	Consisting of Bone, Lean, Fat,				
100	Grilled Lamb Cutlet (trimmed), E.P.				
<u>PORK CHOP.</u>					
148	Total raw weight		12	25	273
93	The above, grilled		12	25	273
75	The above, grilled, E.P.		12	25	273
	Consisting of Bone, 18; Lean, 49; Fat, 26				
100	Pork Chop grilled, E.P.		16	33	361
100	Lean only of pork chop		25	5	145
100	Average lean pork served with usual amount of fat		20	25	305
100	Veal, cooked	Good serving	25	10	190
60	" "	" "	15	6	114

F I S H.

A.P. = As Purchased.

E.P. = Edible Portion.

The figures are given for cooked fish, E.P.,
unless otherwise stated.

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD.</u>	<u>MEASURE</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALORIES</u>
100	White fish	Aver. serving	20	tr.-2%	80 - 98
"	Anchovies, A.P.		23	2.3	113
"	Finnan haddock	" "	25	0	100
"	Halibut	" "	20	4	116
"	Herring, raw		20	7	143
"	" cooked		22	10	178
"	" " Aver. whole ozs.				
	Kipper	" " "			
	" cooked	" " "			
100	" E.P.		37.16 or 7		
"	Mackerel	Aver. serving	20	6.6	139
"	Prawns, A.P.		10	1	49
"	Roe, cod, steamed	" "	22	4	124
"	Salmon, fresh	" "	20	10	170
"	" tinned	Large "	23	14	218
"	Shrimps, A.P.		13	0	52
"	" E.P.		25	0	100
"	Trout, fresh	Aver. "	22	2	106
"	Turbot	" "	20		80
"	Sardines, tinned		24	19	267
"	" Small "Kippers"		6	5	69
<u>SHELL FISH</u>					
100	Crab		16	1.6	78
"	Crayfish		16	1.6	78
"	Lobster		16	1.6	78
"	Oyster, E.P.		7	0	28
	Cho. 3.6				

P O U L T R Y and G A M E (cooked).

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>PROT.</u> <u>Gms..</u>	<u>FAT</u> <u>Gms.</u>	<u>CALORIES</u>
100	Chicken or rabbit - White and dark meat mixed (includes boiled fowl & roast chicken)		25	10	190
60	" " "	Average leg or large wing plus good slice of breast.	15	6	114
100	Turkey, mixed white and dark meat.		25	12	208
100	Partridge)				
"	Pheasant) Roast		28	4	148
"	Grouse) approx.				
"	Duck, mixed breast and legs, etc.		20	15	215
"	Goose		20	20	260
"	Tripe, cooked	Mod. serving	16	8	136
"	Sweetbread, cooked		20	2	98
"	Liver, cooked (Cho.2.5)	Good "	20	6	144
76	" "	Small "	15	4.5	108
100	Kidney, cooked		20	6	134
40	" "	One	8	2.4	54
60	" raw	One	8	2.4	54
100	Tongue, ox, fresh boiled	Large serving	20	10	170
60	" " "	Mod. "	12	6	102
100	Tongue, tinned	Large "	20	23	287
60	" "	Mod. "	12	14	174
100	Bacon	3 good rashers	16	48	496
60	"	2 " "	10	30	310
100	Boiled ham (most of fat removed)	Large serving	20	16	224
60	" " "	Aver. "	12	10	138
100	Average boiled ham, including fat	Large "	15	33	357
60	" " "	Good "			
		2 oz. sl. gammon	9	20	216
100	Foie gra		15	34	366
100	Sausage pork (uncooked) Cho. 1.5	One	15	35	381

M I L K, C H E E S E and E G G S.

<u>WEIGHT</u> <u>Gms.c.c.s.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u> <u>Gms.</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALORIES</u>
100	Milk, whole		5	3.3	4	69
240	" "	1 glass or 8 ozs.	12	8	9.6	166
600	" "	1 pint	30	20	24	416
100	Buttermilk		4.8	3	0.8	36
240	"	1 glass or 8 ozs.	11.5	7	1.2	85
100	Skim	1/3 glass	5	3.3	0.3	36
100	Whey	1/3 glass	4.6	0.8	0.2	24
100	Tinned milk	1/3 glass	11.5	9.6	9.3	167
<u>CREAM.</u>						
100	20% cream (tea)	1/3 glass	4	2.5	20	206
100	40% cream (whipping)		2	1.5	40	374
30	" "	2 tbsps.				
100 *	Devonshire "clotted"		1	1	60	548
100	Tinned cream		3.7	2.7	25	251
50	" "	2 level tbsps.	1.8	1.3	12.5	125
<u>CHEESE</u>						
100	Cottage (skim)		-	21	1	93
100	Cheddar		-	26	30	374
18	"	1 section of 1/4 lb. box of 6	-	5	3.4	50
22	"	1 3/4 x 1 x 1/2 ins.	-	6	7	87
100	Cream, dairy					
100	Edam, skim Dutch			31	17	277
100	Parmesan		-	42	17	321
100	St. Ivel		-	25	30	370
22	" "	1/3 of a packet		5.5	6.6	81.4
<u>EGGS.</u>						
30-60	1 whole, approx.	2 ozs.	-	6	6	78
	1 yolk			3	6	66
	1 white			3	0	12
100	White			12.5	0	50
100	Yolk			16	32	352
85-100	Duck's	2 1/2 - 3 1/2 ozs.		10	10	130

* No satisfactory figures are apparently available for
Cho. and Prot. content.

V E G E T A B L E S.

No attempt has been made to give the exact figures for Carbohydrate, Protein and Fat content of the various vegetables. They have been grouped according to the approximate Carbohydrate content in 100 grams of Edible Portion, cooked or ready to serve. Each group is arranged as far as possible in ascending order of Carbohydrate value.

Less than 1% Carbohydrate.

No appreciable food value.

Mushrooms

Mustard and cress

Scotch Kale - curly greens

Watercress

Lettuce

From 1% to 3% Carbohydrate.

Reckon: Cho. 3 Prot. 1.5. Fat, negligible. Calories, 18 approx.

100 grams celery

"	"	rhubarb
"	"	winter cabbage
"	"	spinach
"	"	* artichokes, globe
"	"	* artichokes, Jerusalem.
"	"	seakale
"	"	spring cabbage
"	"	cauliflower
"	"	French beans (string beans)
"	"	scarlet runner
"	"	egg plant
"	"	salsify
"	"	asparagus (about 1/3 of total weight is edible)
"	"	radishes
"	"	cucumber
"	"	marrow, yellow
"	"	marrow, green
"	"	tomatoes
"	"	pumpkin

* Remainder of Carbohydrate is unassimilable.

VEGETABLES (continued)1% to 3% Carbohydrate (continued)

100 grams endive
 " " Brussel Sprouts
 " " leeks

From 3.5% to 6% Carbohydrate.

Reckon:- Cho. 6%; Prot. 1.5%; Fat, negligible; Cals. 30.
 100 grams Swede turnips
 " " turnips
 " " onions, raw, spring
 " " carrots

From 8% to 10% Carbohydrate.

Reckon:- Cho. 10%; Prot. 1.5%; Fat, negligible; Cals. 46.
 100 grams beetroot
 " " horse-radish
 " " parsnip

From 12% to 15% Carbohydrate.

Reckon:- Cho. 15%; Prot. 5%; Fat, trace
 100 grams peas, fresh or tinned.

From 16% to 20% Carbohydrate

Reckon:- Cho. 20%	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
100 grams peas, cooked	8	Trace	112
" " beans, cooked	8	"	
" " potatoes, cooked	2	.1	88.9

DRIED VEGETABLES.

<u>WEIGHT</u>			<u>CHO.</u>	<u>PROT.</u>	<u>FAT</u>	
Grams.	<u>FOOD</u>	<u>MEASURE</u>	<u>Gms.</u>	<u>Gms.</u>	<u>Gms.</u>	<u>CALS.</u>
100	Peas	Aver. serving	55.2	21	1.8	321
"	Beans	" "	55.8	23	2.3	335.9
"	Lentils	" "	58.4	23.2	2	344

F R U I T.

The available Carbohydrate content of fruit varies so widely according to different authorities that it is not attempted to give the exact figures here. The fruits have been grouped according to their approximate carbohydrate content. The Edible Portion is reckoned unless otherwise stated. The Protein and Fat are negligible and may be disregarded.

3% Carbohydrate

100 grams lemon juice	Approx. Calories	12
-----------------------	------------------	----

7½% Carbohydrate

100 grams avocados (alligator pears)			
" " blackberries (brambles)	"	"	210
" " canteloupe	"	"	30
" " cranberries	"	"	30
" " currants, red	"	"	30
" " currants, black	"	"	30
" " currants, white	"	"	30
" " gooseberries	"	"	30
" " melon	"	"	30
" " strawberries	"	"	30

10% Carbohydrate

100 grams cherries (with stones)	"	"	43
" " damsons	"	"	
" " grapefruit			
" " greengages (with stones)			
" " loganberries			
" " oranges			
" " peaches (with stone)			
" " pineapple			
" " raspberries			
" " tangerines.			

15% Carbohydrate

100 grams apples	Approx. Calories,	60.
" " apricots, fresh, with stones		
" " apricots, dried, stewed (actually 12%)		
" " grapes		
" " nectarines (with stones)		
" " pears		
" " plums, Victoria (with stones)		

F R U I T (continued)20% Carbohydrate

100 grams	bananas	Approx. Calories, 80.
" "	figs, fresh	
" "	figs, dried stewed	
" "	pomegranates	
" "	prunes, dried stewed (including juice)	

DRIED FRUITS

<u>WEIGHT</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALS.</u>
100 grams	Currants		75	2	1.7	323
" "	Dates	14	75	2	3	335
" "	Figs	17	70	4	0.3	299
" "	Prunes	10	70	2	0	288
" "	Raisins		75	2	3	335

N U T S (edible portion).

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u> <u>Gms.</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALORIES.</u>
100	Brazil	1 teacup	5	16.8	69	708
30	"	1 oz. ($3\frac{1}{2}$ nuts)	1.5	5.04	20.7	212
100	Chestnuts	1 teacup	40	6.2	5.4	233
30	"	1 oz. ($2\frac{1}{2}$ nuts)	12	1.86	1.62	70
100	Peanuts	1 teacup	21.9	28.8	38	545
30	"	1 oz. ($6\frac{1}{2}$ nuts)	6.57	8.64	11.4	163
100	Walnuts	$1\frac{1}{2}$ teacups	11.6	18.4	64.4	700
30	"	1 oz. (15 nuts)	3.48	5.52	19.32	210
100	Almonds	1 teacup	15	21	54.9	638
30	"	1 oz. (22 nuts)	4.5	6.3	16.47	191

F A T S and O I L S.

The carbohydrate and protein content of the following are negligible and may be disregarded.

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>FAT</u> <u>Gms.</u>	<u>CALORIES</u>
100	Butter		average 85	765
22	"	1 level tbsp.	18.7	168
10	"	piece 1" x $\frac{3}{4}$ " x $\frac{3}{4}$ "	8.5	77
100	Margarine (as above)		average 85	765
100	Cooked meat fat		approx. 85	765
100	of the following		95	855
25	Dripping	1 level tbsp. (good $\frac{3}{4}$ oz.)	23.75	214
25	Lard	1 level tbsp. (good $\frac{3}{4}$ oz.)	23.75	214
22	Marrow fat	1 level tbsp. ($\frac{3}{4}$ oz.)	20.9	188
12.5	Suet(shredded)	1 level tbsp. (scant $\frac{1}{2}$ oz.)	11.88	107
c.c.	<u>OILS.</u>			
100	Oil, olive, etc.		100	900
100	Liquid paraffin		nil	
100	Cod Liver Oil, average		100	900
15	" " "	1 tbsp.	15	135
100	Cod Liver Oil emulsion		60	450
15	" " "	1 tbsp.	7.5	68

B R E A D.

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u> <u>Gms.</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALS.</u>
100	Average white bread		<u>53</u>	<u>9</u>	<u>1</u>	<u>257</u>
30	" " " * ¹	1 thin slice	16	3	0.3	79
100	" brown (Part Wholemeal)		50	9	1.5	250
30	" "	1 thin slice	15	3	0.5	77
100	Jewish bread * ² (rye & wheat mixed)		50	9	1.5	250
100	Whole rye * ²		34.7	11.9	0.6	192

BREAD SUBSTITUTES

100	Oatcake		50	12.5	10	340
30	"		15	3.75	3.3	105
100	Macvita		50	8.5	22.5	436
13	"	1 section	7	1	3	59
100	Ryvita		75	11	1.6	358
10	"	1 section	7.5	1	0	34
100	Vitawheat		75	11	7	407
8	"	1 section	6	1	0.6	33
100	Rusks (Allen & Hanbury)		79	11.8	6	447
7	" "	1 rusk	5.5	0.8	0.4	29
One	Soy bun	(see recipe)	2	6	10	122

*¹ The weight of a slice of bread varies according to how recently it has been baked.

*² Joslin's figures.

C E R E A L S. *¹

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u> <u>Gms.</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALS.</u>
100	Arrowroot (Carb. range. 80-82)		80	0	0	320
4	"	1 level tsp.	3.25	-	-	13
10	"	" " desp.	8	-	-	32
20	"	" " tbsp.	16	-	-	64
100	Cornflour (Carb. range, 80-82)		80	-	-	320
2	"	1 level tsp.	1.6	-	-	6
10	"	" " tbsp.	8	-	-	32
100	Custard powder (Carb.range,80-82) as for Cornflour		80	-	-	320
100	Seed tapioca (Carb. range, 80-82)		80	-	-	320
5	" "	1 level tsp.	4	-	-	16
10	" "	" " desp.	8	-	-	32
22	" "	" " tbsp.	17.6	-	-	70
100	Barley (Carb.range, 70-77)		80	10	1	369
5	"	1 level tsp.	4	0.5	trace	18
10	"	" " desp.	8	1	0.1	37
22	"	" " tbsp.	17.6	2.2	0.2	81
100	Rice (Carb. range, 77-79)		80	8	0.4	356
5	"	1 level tsp.	4	0.4	trace	18
10	"	" " desp.	8	0.8	trace	36
22	"	" " tbsp.	17.6	1.8	trace	78

*¹ For practical purposes all dry cereals except oatmeal can be calculated at 80% Cho. Actually, they range from about 70-80%, but seldom more than 15 grams of dry cereal is included in a serving.

C E R E A L S (continued)

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u> <u>Gms.</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALS.</u>
100	Rice, boiled	30 gms. raw (2/3 teacup)	24	3	0.1	109
100	Semolina		80	11	0.5	369
3	"	1 level tsp.	2.4	0.3		11
15	"	" " tbsp.	12	1.6	trace	55
100	Oatmeal		67	16	7	395
15	"	1 level tbsp.	10	2.5	1	59
30	"	4 tbsps. thick porridge.	20	5	2	118
100	Macaroni	1 level teacup	74	13	0.7	354
"	" boiled	22 gms. raw (scant teacup)	16	3	trace	76
100	Flour, aver.white		75	10	1.5	354
2	" " "	1 level tsp.	1.5	0.2	trace	7
10	" " "	1 level tbsp.	7.5	1	0.15	35
100	Potato flour		85	0.5	0.1	343
"	Rice "		79	7	0.6	349
"	Soyolk flour		3.5 ^{*2}	44.2	20.6	376
30	" "		1	13.26	6.18	113
100	Baker's Bran					

*² Remainder of Cho. is unassimilable.

P R E P A R E D C E R E A L S .

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u> <u>Gms.</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALS.</u>
100	"All Bran"		66	12.65	3.16	343
30	" "	2 heaped tbsps.	19.8	3.7	0.9	102
100	Bemax		40.3	29.6	7.4	347
15	"	1 heaped tbsp.	6	4.4	1.1	52
100	Cornflakes		78.8	6.4	0.2	343
25	"	Aver. serving, 1 teacup	19.7	1.6	trace	86
100	Force		74	10.6	1	347
30	"	Aver. serving, 1 teacup	22.2	3.2	0.3	104
100	Grapenuts		74	11.5	0.6	347
60	"	Aver. serving 2½ teacup	44.4	6.9	0.4	209
100	Quaker Oats and other preparations, approx.		69.8	14.7	6.2	394
60	" " "	Aver. serving 1 1/3 teacup, dry	41.8	8.8	3.7	236
(These can be substituted for equal weight of oatmeal)						
100	Scott's Oat Flour		77.9	10	5	397
11	" " "	1 level tbsp.	8.6	1.1	0.5	43
30	Shredded Wheat	1 biscuit	23	3	-	104

B I S C U I T S .

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u> <u>Gms.</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALS.</u>
18	Abernethy	1 biscuit	14	1.3	2	79
15	Digestive	"	10	1	2.5	66
7	Marie	"	5	0.5	0.75	29
9	Rich tea	"	7	0.6	1	39
7	Water	"	5	0.6	trace	22
100	Chocolate biscuits		70	6	5	349
100	Shortbread biscuit		62	8	26	514

PROPRIETARY MILK FOODS, etc.

WEIGHT Grams. or ccs.	FOOD	MEASURE	CHO. Gms.	PROT. Gms.	FAT Gms.	GALS.
100	Allenbury Diet		64.3	14.5	15	450
100	Benger's Food		80	10	1	369
20	" "	1 heaped tbsp.	16	2	0	72
15	" "	1 level tbsp.	12	1.5	0	54
100	Berina Builder		87.31	8.02	0.75	388
<u>Cow & Gate Preparations.</u>						
100	Cow & Gate full cream		37.6	26.6	27.3	503
"	" " " "					
	liquid, 1 in 8		4.7	3.3	3.4	63
"	Cow & Gate, half cream		58	20	15	447
"	" " " "					
	liquid, 1 in 8		6.4	2.2	1.7	50
"	Allergilic		49.8	25	15.5	439
"	" liquid, 1 in 8		6.2	3.1	1.9	54
"	Prolac		28.8	38	22.4	469
"	" liquid, 1 in 12		2.4	3.2	1.8	39
"	Sprulac		45	34	10.6	411
"	" liquid, 1 in 8		5.6	4.2	1.3	51
"	Chocolate milk		60	16.5	17	459
"	" "		7.4	2	2.1	56.5
	liquid 1 in 8					
<u>Glaxo Preparations</u>						
100	Farex		71.5	14.5	3.5	376
11	"	1 level tbsp. or 2 heaped desps.				
100	Ostermilk, No.1 ("Sunshine" Glaxo, humanised)		56	17	20	472

PROPRIETARY MILK FOODS, etc. (continued)

<u>WEIGHT</u> Grams or ccs.	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u> Gms.	<u>PROT.</u> Gms.	<u>FAT</u> Gms.	<u>CALS.</u>
<u>Glaxo Preparations (continued)</u>						
100	Ostermilk, No.1 ("Sunshine" Glaxo, humanised) liquid, 1 in 8		7	2.1	2.5	60
"	" No.2(full cream)		38.5	24.9	26.5	492
"	" " liquid		4.8	3.1	3.3	45
"	Glaxo, half cream		43	31	16.5	445
30	Sister Laura's		24.5	4.8	0.4	120
100	Buttermilk, powder		42	33.5	5.5	352
"	" liquid		4.2	3.4	0.6	36
"	Malto Dextrin		95	trace	0	380
"	Horlick's Malted Milk		67.95	18.35	8.78	425
8.3	" " " 1 level tbsp.		5.6	1.52	0.72	35
2.5	" " " 1 level tsp.		1.69	0.45	0.21	10
100	Ideal Milk(unsweetened, condensed)		16	8.3	12.4	209
"	Nestles (sweetened, condensed)		52.5	9.7	13.7	372
"	Ovaltine		71	14	7	403
10	" 2 heaped tsp.		7	1.4	0.7	40
100	Sanatogen			87.4		350
2	" 1 level tsp.			1.74		7

B E V E R A G E S.

No appreciable caloric value when prepared as directed:-

- (1) Clear broths, if fat is removed.
- (2) Commercial meat extracts.
- (3) Marmite.

(1) and (2) contain extractives (as purin bodies, etc.)
 (2) and (3) have a high salt content.

		<u>CAFFEIN</u> <u>Grams</u>	<u>TANNIC</u> <u>ACID</u>
TEA	Infusion of 8 grams. ($\frac{1}{4}$ oz.) per $\frac{1}{2}$ pint water, approx.	1	2-6
COFFEE	Infusion of 2 ozs. coffee per pint of water per teacup of black coffee (Hutchinson)	1.7	3.24

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u> <u>Gms.</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALS.</u>
100 *1	Cocoa powder, typical analysis		31	21*2 reckon as 12	26	406
5	Cocoa powder	1 heaped tsp.	1.55	1.05	1.3	22
100	Postum Cereal		59	12	3.3	314
1.5	" "	1 level tsp.	1	-	-	4

*1 Figures kindly supplied by Messrs. Rowntree & Co., Ltd.

*2 Only part of the nitrogenous material is available as protein.

SUGAR, JAMS, SWEETS, etc.

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD</u>	<u>MEASURE</u>	<u>CHO.</u> <u>Gms.</u>	<u>PROT.</u> <u>Gms.</u>	<u>FAT</u> <u>Gms.</u>	<u>CALS.</u>
100	Sugar		100			400
4	"	1 level tsp.	4			16
5	"	1 aver. lump or tsp.	5			20
22	"	1 tbsp.	22			88
100	Glucose		100			400
3.5	"	1 level tsp.	3.5			14
19	"	1 level tbsp.	19			76
100	Lactose		100			400
3	"	1 level tsp.	3			12
15	"	1 level tbsp.	15			60
100	Honey		80			320
20	"	1 level desp.	16			64
100	Jam		80			320
22	"(strawberry)	1 level desp.	18			72
100	Jelly		80			320
20	"	1 level desp.	16			64
100	Marmalade		85			340
22	"	1 level desp.	19			76
100	Molasses (treacle)		70			280
30	"	1 level desp.	21			84
100	Syrup, golden		72			288
20	" "	1 level desp.	15			60
<u>SWEETS</u>						
100*	Chocolate, milk		52	8	36	564
60	" " 1 2d bar, 2 ozs.		31	5	21	333
100*	Chocolate, plain		57	3	32	528
60	" " 1 2d bar, 2 ozs.		34	2	19	315
100	Barley sugar and boiled sweets.		90			360
100	Tablet (see recipe)					
100	Toffee (" ")					

* Analyses kindly supplied by Messrs. Rowntree & Co., Ltd.



ALCOHOLIC BEVERAGES.

<u>WEIGHT</u> <u>Grams.</u> <u>or ccs.</u>	<u>BEVERAGE</u>	<u>CARBOHYDRATE</u>	<u>CALORIES</u> <u>Per cc. per oz.</u>
100	Brandy	-	
"	Gin	-	
"	Rum	-	
"	Whisky	-	
"	Burgundy	trace	
"	Claret	"	
"	Dry Hock	"	
"	Moselle	"	
"	Cider	" to 5%	
"	Sherry, dry	2	
"	Sherry, sweet	4	
"	Beer and stout, average	6	
"	Port	7	
"	Champagne, dry	2	
"	Champagne, sweet	19-55	
"	Liquer	25-55	

THE ROYAL INFIRMARY OF EDINBURGH.

DIETETIC DEPARTMENT.

FOOD VALUES.

In 100 grams or c.c.

	<u>C.</u>	<u>P.</u>	<u>F.</u>	<u>Cals.</u>
White Bread	53	9	1	257
Brown "	50	9	1.5	250
Oatcake	50	12.5	10	340
One Soy Bun	2	6	10	122
Rice	80	8	.4	356
Cornflour, etc.	80	-	-	320
Oatmeal	67	16	7	395
Benger's Food	80	10	1	369
Sugar, Glucose	100	-	-	400
Jam	80	-	-	320
Potato	20	2	.1	88.9
7½% Fruit	7.5	-	-	30
10% Fruit	10	-	-	40
15% Fruit	15	-	-	60
20% Fruit	20	-	-	80
3% Vegetable	3	1.5	-	18
6% Vegetable	6	1.5	-	30
Milk (1 cup)	5	3.3	4	69
20% Cream	4	2.5	20	206
40% Cream	2	1.5	40	374
Cheddar Cheese	-	26	30	374
Egg, One Whole	-	6	6	78
Lean meat cooked	-	25	16	244
Chicken, rabbit or very lean meat	-	25	10	190
Bacon raw	-	16	48	496
White fish cooked	-	20	-	80
Butter or Margarine	-	-	85	765
Olive Oil	-	-	100	900

In 30 grams or 1 oz.

	<u>C.</u>	<u>P.</u>	<u>F.</u>	<u>Cals.</u>
	16	3	.3	79
	15	3	.5	77
	15	3.75	3.	102
	-	-	-	-
	24	2.4	-	106
	24	-	-	96
	20	5	2	118
	24	3	.3	111
	30	-	-	120
	24	-	-	96
	6	.6	-	26.4
	2	-	-	8
	3	-	-	12
	4.5	-	-	18
	6	-	-	24
	1	.5	-	6
	2	.5	-	10
	1.5	1	1	19
	1	1	6	62
	.5	.5	12	112
	-	8	9	113
	-	-	-	-
	-	8	5	77
	-	8	3	59
	-	5	15	155
	-	6	-	24
	-	-	25	225
	-	-	30	270

<u>WEIGHT</u> <u>Grams.</u>	<u>FOOD.</u>	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALS.</u>
100	Dried Vegetables Peas(average helping)	55.2	21	1.8	322
100	Beans	55.8	23	2.3	330
100	Lentils	58.4	23.2	2	344

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALS.</u>
1 Black Pudding	11.2	9.5	14.2	210.6
1 Mealy "	53.6	12.4	37.6	602.4
Mutton Pie	60	14	25	521
Pork Pie	75	16	41	733
Sausage	.6	9	21	227.4

Soup (30 c.c. = average
plateful)

Lentil	33.7	13.8	9.3	273.7
Average	20	7.8	4	146
Vegetable	9	1.8	-	43.2
Tomato	15	5	6.6	139.4
Kidney	9	9.8	2.4	96.8
1 Fish Cake	20	8	1	112.9
1 Roll	24	4.5	1	123
$\frac{1}{2}$ Roll	12	2.25	.5	61.5

Plate of Porridge = 4 tablespoons = 7, probably 6, tablespoons for man

Cup of Tea: Allow $\frac{1}{2}$ oz. of Milk

Sugar - level teaspoonful = 5 grammes = 1 lump of sugar.

Meat: 100 grams per man
60 grams per woman

Potato: 100 grams per person
or spoonful of potato.

Milk Pudding: 200 c.c.s of milk

15 gms. cereal

15 gms. sugar

If milk added, probably 100 c.c.s

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALS.</u>
Cake, or large piece of steamed pudding - 2 oz.	40	4	6	230
100 grams of fish	42	9	6	258
1 Bun	21	4.5	3	129
2d Chips (including fat for frying)	80	8	26	586

SHEET 1.

A.

B 2

	Members of Household	Age	Occupation	Height	Weight	Illness within last 10 Years
1.	Father	36	Grocer	6'	11st 3lbs.	Tonsillitis Influenza
2.	Mother	31		5' 10 $\frac{1}{2}$ "	15st 4 $\frac{1}{2}$ lbs	Appendix Quinsy
3.	Son	Y.M. 3.8		3' 7 $\frac{1}{2}$ "	3st 2 $\frac{1}{2}$ lbs	Colds Measles
4.	Son	Y.M. 1.5		2' 9"	2st 4 oz.	Measles
5.						
6.						
7.						
8.						
9.						
10.						
11.						

B.

Amount Paid Weekly on House Rent.	13/1	Amount Paid Weekly on Rates & Water Charges.	3/3 $\frac{1}{2}$
Number of Rooms in House. (Exclude Bathroom and Scullery)	4 Rooms	Bedrooms. Assigned.	2
		Other Rooms. 1 Living Room 1 Sitting Room	
Number of Rooms Let.		Assignment of Rooms Let.	

C.

Amount Spent on Gas per Week.	Slot	Meter	Description of Gas Appliances		
	1/-		<u>Fires</u> 1	<u>Stoves</u>	<u>Cookers</u> 1

D.

Amount Spent in Week on Electricity.	Slot	Meter	Description of Electrical Appliances		
		6d	<u>Fires.</u> Iron	<u>Stoves.</u>	<u>Cookers.</u>

SHEET 2.Saturday.

Item.	Description of Food	Amount.	s.	d.
Bread	Rolls Plain White	4 2 lbs.		2 4
Flour				
Cake; Buns.	Plain Cookies	6		3
Milk - Liquid Condensed	Liquid - Pasteurised	3 pints		9
Butter	Friesland Fresh	1 lb.	1	2
Margarine				
Lard, Suet, Dripping				
Cheese				
Eggs	Fresh Farm	1 Doz.	1	8
Bacon	Danish Streaky	$\frac{1}{8}$ lb.		$7\frac{1}{8}$
Tea	Indian & Ceylon	$\frac{1}{8}$ lb.	1	3
Sugar	Granulated	4 lbs		10
Cream				
Beef: Home Imported	Home - Round Steak	$\frac{1}{8}$ lb.		7
Mutton: Home Imported	Home - Shoulder	$1\frac{1}{8}$ lbs.	1	9
Lamb: Home Imported				
Pork				
Other Meat				
Fish	Filletted Haddocks	3		6
Potatoes	Ayrshire	$\frac{1}{8}$ stone		6
Vegetables	Green Peas (Pod) Carrots	$1\frac{1}{8}$ lbs. $\frac{1}{8}$ lb.		$4\frac{1}{8}$ $1\frac{1}{8}$
Fruit: Fresh Dry (Currants, Prunes)	Oranges - South African Tomatoes - Scotch	$\frac{1}{8}$ doz. 1 lb.		8 8
Jam, Marmalade, Syrup, Treacle				
Other Food				
Water		About 5 pints		
Alcohol				
Food Bought and Eaten Outside				
Sweets				

12 $2\frac{1}{8}$

FatherMother

MENU		MENU	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	1 boiled egg 2 rolls. Marmalade 2 pats butter. 2 cups tea, with sugar and milk	<u>Breakfast</u>	1 boiled egg 1 roll 1 pat butter Marmalade 1 cup tea, with milk and sugar
<u>Mid-day</u>	3 ozs stewed steak 2 potatoes; carrots Milk jelly 1 cup tea, with milk and sugar; 2 biscuits.	<u>Mid-day</u>	3 ozs. stewed steak. 1 potato; carrots. Milk jelly 1 cup tea, with milk and sugar.
<u>Afternoon</u>		<u>Afternoon</u>	2 biscuits
<u>Evening</u>	Filleted haddock 2 slices white bread 2 scones; 1 pce. Fruit Malt bread; 4 pats butter. 1 pce. Topsy Cake Raspberry jam 2 cups tea, with milk and sugar	<u>Evening</u>	Filleted haddock $\frac{1}{2}$ slice white bread 1 pce. brown bread 1 pce. Fruit Malt bread 1 scone. 1 pce. Topsy cake. 3 pats butter. Raspberry jam. 2 cups tea, with milk and sugar.

Son.Son (Baby)

MENU		MENU	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	1 boiled egg 1 roll 1 pat butter Marmalade 2 cups tea, with milk and sugar	<u>Breakfast</u>	1 orange 1 sl. brown bread 1 pat butter 1 cup tea, with milk and sugar
<u>Mid-day</u>	1 oz. stewed steak Carrots. 1 potato Milk jelly	<u>Mid-day</u>	1 potato, carrots and gravy Milk jelly
<u>Afternoon</u>	1 cup tea, with milk and sugar 1 biscuit	<u>Afternoon</u>	1 cup tea, with milk and sugar 1 biscuit.
<u>Evening</u>	Filleted haddock $\frac{1}{2}$ sl. white bread 2 pcs. fruit malt bread 1 pce. Topsy cake 3 pats butter 2 cups tea, with milk and sugar	<u>Evening</u>	Filleted haddock $\frac{1}{2}$ sl. white bread 2 pcs. fruit malt bread (small) 3 pats butter 1 cup milk

Item	Description of Food.	Amount.	s.	d.
Bread	Rolls	6		3
Flour				
Cake; Buns				
Milk - Liquid Condensed	Liquid - Pasteurised	3 pints		9
Butter				
Margarine				
Lard, Suet, Dripping				
Cheese				
Eggs				
Bacon				
Tea				
Sugar				
Cream				
Beef: Home Imported				
Mutton: Home Imported				
Lamb: Home Imported				
Pork				
Other Meat				
Fish				
Potatoes				
Vegetables	Lettuce - (Own growing)	1		
Fruit: Fresh Dry (Currants, Prunes)				
Jam, Marmalade, Syrup, Treacle				
Other Food				
Water		About 5 pints		
Alcohol				
Food Bought and Eaten Outside				
Sweets				

SHEET 3.

Sunday

FatherMother

MENU		MENU	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	3 rashers bacon, 1 egg Tomato. 2½ rolls 3 pats butter. Marmalade 2 cups tea, with milk and sugar	<u>Breakfast</u>	2 rashers bacon, 1 egg Tomato. 2 rolls 2 pats butter. Marmalade 2 cups tea, with milk and sugar
<u>Mid-day</u>	3 oz. stewed mutton 2 potatoes Green peas Curds and cream	<u>Mid-day</u>	3 ozs. stewed mutton 1 potato Green peas Curds and cream
<u>Afternoon</u>	1 cup tea, with m. & s. 1 biscuit.	<u>Afternoon</u>	1 cup tea, with m. & s. 1 biscuit
<u>Evening</u>	Salad. 2 sl. wh. bread 2 pcs. fruit malt bread 1 cookie. Rasp jam 4 pats butter 2 cups tea, with milk and sugar	<u>Evening</u>	Salad. ½ sl. wh. bread 2 cookies. Rasp jam 3 pats butter 2 cups tea, with milk and sugar

SonSon (Baby)

MENU		MENU	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	1 egg and tomato 1 roll. 1 pat butter Marmalade 2 cups tea, with milk and sugar.	<u>Breakfast</u>	1 egg and tomato ½ roll. 1 pat butter 2 cups tea, with milk and sugar
<u>Mid-day</u>	2 oz. stewed mutton 1 potato; green peas Curds and cream 1 cup tea, with m. & s.	<u>Mid-day</u>	1 potato and gravy Green peas (small) Curds and cream ½ cup tea, with m. & s.
<u>Afternoon</u>	1 biscuit	<u>Afternoon</u>	1 biscuit
<u>Evening.</u>	Salad; ½ sl. wh. bread 2 cookies; rasp jam 3 pats butter. 2 cups tea, with milk and sugar	<u>Evening</u>	Salad; ½ sl. wh. bread 1 cookie; rasp jam 2 pats butter. 1 cup tea, with milk and sugar

SHEET 2.Monday.

Item.	Description of Food	Amount.	s.	d.
Bread	Rolls	8		4
Flour				
Cake; Buns	Buns	4		2
Milk: Liquid Condensed	Liquid - Pasteurised	3 pints		9
Butter				
Margarine				
Lard, Suet, Dripping				
Cheese				
Eggs				
Bacon				
Tea				
Sugar	Granulated	6 lbs.	1	3
Cream				
Beef: Home Imported				
Mutton: Home Imported				
Lamb: Home Imported				
Pork				
Other Meat				
Fish				
Potatoes				
Vegetables				
Fruit: Fresh Dry (Currants, Prunes)	Strawberries Pears	6 lbs. 1 small tin	3	6 $6\frac{1}{2}$
Jam, Marmalade, Syrup, Treacle				
Other Food	Health Biscuits	$\frac{1}{2}$ lb.		6
Water		About 5 pints.		
Alcohol				
Food Bought and Eaten Outside				
Sweets				

7 0 $\frac{1}{2}$

SHEET 3.MondayFatherMother

<u>MENU</u>		<u>MENU</u>	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	3 rashers bacon; 1 egg 2 rolls; 2 pats butter Marmalade. 2 cups tea, with milk and sugar	<u>Breakfast</u>	2 rashers bacon; 1 egg 1 roll; 1 pat butter Marmalade 2 cups tea, with milk and sugar
<u>Mid-day</u>	3 oz. cold mutton 2 potatoes 2 tomatoes Strawberries & cream 2 Health biscuits	<u>Mid-day</u>	3 oz. cold mutton 1 potato 1 tomato Strawberries & cream 2 Health biscuits
<u>Afternoon</u>	1 cup tea, with m. & s.	<u>Afternoon</u>	1 cup tea, with m. & s.
<u>Evening</u>	Milk jelly & pears 1 sl. wh. bread; 2 rolls 1 scone; 1 pc. sponge cake 3 pats butter Strawberry jam 2 cups tea, with milk and sugar	<u>Evening</u>	Milk jelly & pears 2 rolls; 1 scone 1 pce. sponge cake 2 pats butter Strawberry jam 2 cups tea, with milk and sugar.

SonSon (Baby)

<u>MENU</u>		<u>MENU</u>	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	1 scrambled egg $\frac{1}{2}$ roll 2 oatcakes; 2 pats butter Marmalade 1 cup milk	<u>Breakfast</u>	1 scrambled egg $\frac{1}{2}$ roll 1 oatcake; 2 pats butter Marmalade 1 cup milk
<u>Mid-day</u>	1 oz. cold mutton 1 potato and 1 pat butter 1 tomato Strawberries and cream	<u>Mid-day</u>	1 potato and 1 pat butter 1 tomato Strawberries and cream 1 cup milk
<u>Afternoon</u>	1 cup milk; 1 H. biscuit	<u>Afternoon</u>	1 Health biscuit
<u>Evening</u>	Milk jelly and pears $\frac{1}{2}$ sl. wh. bread; 2 scones 1 pce. sponge cake 2 pats butter; Straw.jam 1 cup tea, with milk and sugar	<u>Evening</u>	Milk jelly and pears 1 slice brown bread 2 pats butter Strawberry jam 1 cup tea, with milk and sugar.

SHEET 2.

Tuesday

Item.	Description of Food	Amount.	s.	d.
Bread	Wholemeal Rolls	4		3½
Flour				2
Cake; Buns				
Milk: Liquid Condensed	Liquid - pasteurised	3 pints		9
Butter	Friesland fresh	1 lb.	1	2
Margarine				
Lard, Suet, Dripping				
Cheese				
Eggs	Fresh farm	1 doz.	1	8
Bacon				
Tea				
Sugar				
Cream				
Beef: Home Imported	Mince	½ lb.		6
Mutton: Home Imported				
Lamb: Home Imported				
Pork				
Other Meat				
Fish	Filleted sole	¾ lb.		10½
Potatoes				
Vegetables	Onions	1 lb.		2
Fruit: Fresh Dry (Currants, Prunes)	Manderine oranges	1 tin		3½
Jam, Marmalade, Syrup, Treacle				
Other Food				
Water		About 5 pints		
Alcohol				
Food Bought and Eaten Outside				
Sweets				

5 10½

Father

MENU

	<u>Amount</u>
<u>Breakfast</u>	3 rashers bacon; 1 egg 2 rolls; 2 pats butter Marmalade 2 cups tea, with milk and sugar
<u>Mid-day</u>	Mince & onion 2 potatoes Manderines & Custard 1 cup tea, with m. & s.
<u>Afternoon</u>	2 Health biscuits
<u>Evening</u>	1 Steamed sole 2 slices white bread 1 sl. wholemeal bread 1 scone; 1 sponge cake 3 pats butter; Straw. Jam 2 cups tea, with m. & s.

Mother

MENU

	<u>Amount</u>
<u>Breakfast</u>	2 rashers bacon; 1 egg 1 roll; 1 pat butter Marmalade 1 cup tea, with milk and sugar
<u>Mid-day</u>	Mince & onion 1 potato Manderines & Custard 1 cup tea, with m. & s.
<u>Afternoon</u>	2 Health biscuits
<u>Evening</u>	1 steamed sole 1 sl. wholemeal bread 2 scones; 1 sponge cake 2 pats butter; Straw. jam 2 cups tea, with milk and sugar

Son

MENU

	<u>Amount</u>
<u>Breakfast</u>	1 orange; rice krispies 1 roll; 1 pat butter Marmalade 1 cup tea, with m. & s.
<u>Mid-day</u>	Mince & onion 1 potato Manderines & Custard 1 cup milk; 2 Health biscuits
<u>Afternoon</u>	1 steamed sole 1 sl. wholemeal bread 1 scone; 1 sponge cake 2 pats butter; Straw jam
<u>Evening</u>	1 cup tea, with sugar and milk

Son (Baby)

MENU

	<u>Amount</u>
<u>Breakfast</u>	1 orange; rice krispies $\frac{1}{2}$ sl. brown bread 1 pat butter 1 cup tea, with m. & s.
<u>Mid-day</u>	Mince and onion 1 potato Manderines & Custard 1 cup milk 2 Health biscuits
<u>Afternoon</u>	$\frac{1}{2}$ steamed sole $\frac{1}{2}$ sl. wholemeal bread 1 scone; 1 sponge cake 2 pats butter; Straw. jam
<u>Evening</u>	1 cup tea, with sugar and milk

SHEET 2Wednesday

Item	Description of Food	Amount.	s.	d.
Bread	Plain white Rolls	3 lbs 8		4 4
Flour				
Cake; Buns				
Milk; Liquid Condensed	Liquid - Pasteurised	3 pints		9
Butter				
Margarine				
Lard, Suet, Dripping				
Cheese				
Eggs				
Bacon	Danish Streaky	$\frac{1}{8}$ lb.		$7\frac{1}{8}$
Tea				
Sugar				
Cream	Double (Fresh)	1 carton		4
Beef: Home Imported	Home Ox Liver	$\frac{1}{8}$ lb.		6
Mutton: Home Imported				
Lamb: Home Imported				
Pork				
Other Meat				
Fish				
Potatoes				
Vegetables	Cauliflower Green peas (Pod)	1 small 1 lb.		3 3
Fruit: Fresh Dry (Currants, Prunes)	Rhubarb (own growing) Pears	1 sm. tin		$4\frac{1}{2}$
Jam, Marmalade, Syrup, Treacle				
Other Food				
Water		About 5 pints		
Alcohol				
Food Bought and Eaten Outside				
Sweets				

3 . 9

Wednesday.SHEET 3.Father

<u>MENU</u>	
	<u>Amount</u>
<u>Breakfast</u>	1 boiled egg 2 rolls; 2 pats butter Marmalade 2 cups tea, with milk and sugar
<u>Mid-day</u>	Ox liver; 2 potatoes Cauliflower Stewed rhubarb 1 cup tea, with m. & s.
<u>Afternoon</u>	2 Health biscuits
<u>Evening</u>	Trifle; 2 rolls 1 sl. white bread 1 scone; 2 sponge cakes 3 pats butter Rasp jam 2 cups tea with milk and sugar

Mother

<u>MENU</u>	
	<u>Amount</u>
<u>Breakfast</u>	1 boiled egg 1 roll, 1 pat butter Marmalade 2 cups tea, with milk and sugar
<u>Mid-day</u>	Ox liver; 1 potato Cauliflower Stewed rhubarb 1 cup tea with m. & s.
<u>Afternoon</u>	2 Health biscuits
<u>Evening</u>	Trifle; 1 roll 1 sl. wholemeal bread 1 sponge cake 2 pats butter Rasp jam 1 cup tea, with milk and sugar.

SonSon (Baby)

<u>MENU</u>		<u>MENU</u>	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	1 boiled egg $\frac{1}{2}$ roll; 1 pat butter Marmalade 2 cups tea with m. & s.	<u>Breakfast</u>	1 boiled egg $\frac{1}{2}$ roll; 1 pat butter 1 cup tea with milk and sugar
<u>Mid-day</u>	1 oz. liver & gravy 1 potato; cauliflower Stewed rhubarb 1 cup tea with m. & s.	<u>Mid-day</u>	Gravy; 1 potato Custard 1 cup milk
<u>Afternoon</u>	1 biscuit	<u>Afternoon</u>	1 Health biscuit
<u>Evening</u>	Trifle; 1 roll 1 sl. wholemeal bread 1 sponge cake 2 pats butter Raspberry jam 2 cups tea with milk and sugar	<u>Evening</u>	Little trifle 1 sl. wholemeal bread 1 sponge cake 1 pat butter Raspberry jam 1 cup tea with milk and sugar

Item.	Description of Food	Amount.	s.	d.
Bread	Rolls	8		4
Flour				
Cake, Buns				
Milk: Liquid Condensed	Liquid pasteurised	4 pints	1	-
Butter				
Margarine				
Lard, Suet, Dripping				
Cheese				
Eggs				
Bacon				
Tea				
Sugar				
Cream				
Beef: Home Imported				
Mutton: Home Imported				
Lamb: Home Imported	Home Gigot	About $1\frac{3}{4}$ lbs.	1	11
Pork				
Other Meat				
Fish	Boneless Finnan Haddock	$\frac{3}{4}$ lb.		6
Potatoes				
Vegetables				
Fruit: Fresh Dry (Currants, Prunes)	Tomatoes	1 lb.		8
Jam, Marmalade, Syrup, Treacle				
Other Food	Spaghetti Health Biscuits	1 tin $\frac{1}{8}$ lb.		$6\frac{1}{8}$ 6
Water		About 5 pints		
Alcohol				
Food Bought and Eaten Outside				
Sweets				

FatherMother

MENU		MENU	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	3 rashers bacon; 1 egg 2 rolls; 2 pats butter Marmalade 2 cups tea with milk and sugar	<u>Breakfast</u>	2 rashers bacon; 1 egg 1 roll; 1 pat butter Marmalade 1 cup tea with milk and sugar
<u>Mid-day</u>	3 oz. Roast Lamb Green Peas; 2 potatoes Mint sauce Custard and rhubarb 1 cup tea with m. & s.	<u>Mid-day</u>	3 oz. Roast Lamb Green Peas; 1 potato Mint sauce Custard and rhubarb 1 cup tea with m. & s.
<u>Afternoon</u>	2 Health biscuits	<u>Afternoon</u>	1 Health biscuit
<u>Evening</u>	Spaghetti; 2 rolls 1 pce. Swiss roll. 2 pats butter; rasp. jam 2 cups tea with milk and sugar	<u>Evening</u>	Spaghetti; 1 roll 1 pce. wholemeal bread 2 pats butter; rasp jam 2 cups tea with milk and sugar

SonSon (Baby)

MENU		MENU	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	1 plate oat flour 1 roll; 1 pat butter Marmalade 1 cup tea with milk and sugar	<u>Breakfast</u>	1 plate oat flour $\frac{1}{2}$ roll; 1 pat butter Marmalade 1 cup tea with milk and sugar
<u>Mid-day</u>	1 orange	<u>Mid-day</u>	1 orange
<u>Afternoon</u>	1 oz. Roast Lamb; Green Peas 1 potato; mint sauce Custard and rhubarb 1 cup milk	<u>Afternoon</u>	1 potato and Gravy Green peas Custard 1 cup milk
<u>Evening</u>	Spaghetti; 1 roll 1 pce. Swiss roll 1 pat butter; jam 2 cups tea with milk and sugar	<u>Evening</u>	Tomato; 1 pce. wh. meal bread 1 pce. Swiss roll 1 pat butter; jam 1 cup tea with milk and sugar

Item.	Description of Food	Amount.	s.	d.
Bread	Rolls Fruit Malt Loaf	8 1		4 4½
Flour				
Cake; Buns				
Milk: Liquid Condensed	Liquid Pasteurised	3 pints		9
Butter				
Margarine				
Lard, Suet, Dripping				
Cheese				
Eggs				
Bacon				
Tea				
Sugar	Granulated	6 lbs.	1	3
Cream				
Beef: Home Imported				
Mutton: Home Imported				
Lamb: Home Imported				
Pork				
Other Meat				
Fish				
Potatoes				
Vegetables				
Fruit: Fresh Dry (Currants, Prunes)	Rasps	6 lbs.	3	6
Jam, Marmalade, Syrup, Treacle				
Other Food				
Water		About 5 pints		
Alcohol				
Food Bought and Eaten Outside				
Sweets				

SHEET 3.

Friday

FatherMother

MENU		MENU	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	Steamed Finnan Haddock 2 rolls; 2 pats butter Marmalade 2 cups tea with milk and sugar	<u>Breakfast</u>	Steamed Finnan Haddock 1 roll; 1 pat butter Marmalade 1 cup tea with milk and sugar
<u>Mid-day</u>	3 oz. Cold lamb 2 potatoes; 1 tomato Rasps and cream 1 cup tea with m. & s.	<u>Mid-day</u>	3 oz. cold lamb 1 potato; 1 tomato Rasps and cream 1 cup tea with m. & s.
<u>Afternoon</u>	1 Biscuit	<u>Afternoon</u>	1 biscuit
<u>Evening</u>	Chips and egg; 2 rolls 1 pce. Fruit malt loaf 1 pce. Swiss roll 3 pats butter Rasp jam 2 cups tea with milk and sugar	<u>Evening</u>	Chips and egg; 1 roll 1 pce. Fruit malt bread 1 pce. Swiss roll 2 pats butter Rasp jam 2 cups tea with milk and sugar

SonSon (Baby)

MENU		MENU	
	<u>Amount</u>		<u>Amount</u>
<u>Breakfast</u>	Steamed Finnan haddock $\frac{1}{2}$ roll; 2 pats butter $\frac{1}{8}$ sl. white bread Marmalade; 2 cups tea with milk and sugar	<u>Breakfast</u>	Little Finnan Haddock with milk; $\frac{1}{2}$ roll 1 pat butter 1 cup tea with milk and sugar
<u>Mid-day</u>	1 oz. cold lamb 1 potato and 1 pat butter 1 tomato Rasps and cream	<u>Mid-day</u>	1 potato and 1 pat butter 1 tomato Easps and cream
<u>Afternoon</u>	1 cup milk; 1 biscuit	<u>Afternoon</u>	1 cup milk 1 biscuit
<u>Evening</u>	Rice Krispies; $\frac{1}{2}$ roll 1 pce. Fruit malt bread 1 pce. Swiss roll 2 pats butter; rasp jam 2 cups tea, with milk and sugar	<u>Evening</u>	Rice Krispies; $\frac{1}{2}$ roll 1 pce. Fruit malt bread 2 pats butter; rasp jam 1 cup tea with milk and sugar

Item	Description of Item	Quantity bought	Cost.	
			s.	d.
Coal		1 cwt.	1	6
Coke				
Firewood				
Oil				
Candles				
Matches				
Soap	Sunlight, washing	1 bar		4½
Soda, Polishes, Cleaning Materials				
Ironmongery, Tools, etc.				
Household Brushes Brooms, etc.				
Crockery, Glass				
Drapery, etc.				
Furniture				
Carpets, Floorcloth Mats				
Other Utensils, Furnishings etc.				
	Write "Club" if obtained through a club or "Cash" if bought other- wise.			
Clothing: Men's Clothing				
Women's Clothing & Materials				
Children's Clothing & Materials	Child's Sun Hat	1	1	-
Boots & Shoes				
Clothing Repairs, Cleaning, Dyeing				
Repairs to Boots and Shoes				
Tobacco, Cigarettes, etc.			2	-

SHEET 5.

Item.	Amount (if any) paid this week.	
	s.	d.
Fares to and from Work:- (Season or Contract ticket (if bt. this week)	1	7
Railway (Workmen's cheap fares)		
(Other railway fares)		
Bus, tram, coach, etc., fares		
Newspapers		6
Books, Stationery, etc.		
Postages		4½
Cinemas		
Theatres, Music-Halls, Concerts, etc.		
Sports, Games, etc. (Admission Charges)		
Betting and Football Pools		
Hairdressing	1	6
Payments to Clothing etc. Clubs		
Education (Fees for day school & evening classes)		
Doctor, Dentist		
Medicine, Drugs, etc.		
Trade Union, Friendly Society, Burial Club, etc. Subscriptions		
Payments to Pensions Funds, Insurance Premiums, etc.	6	10
Licences (Dog, Wireless, Motor-cycle, etc.)		
Laundry		
Holiday Expenditure, if any, this week (including holiday travelling expenses)		
Other Expenditure this week (give details)	10	11½

B 2. Father. 1st Day

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
<u>Breakfast</u>				
1 boiled egg		6.	6.	78.
2 rolls	48.	9.	2.	246.
2 pats butter			12.5	112.5
Marmalade	19.			76.
2 cups tea, with milk and sugar	11.5	1.	1.	59.
<u>Dinner</u>				
3 ozs. stewed steak		25.	16.	244.
Carrots	6.	1.5		30.
2 potatoes	40.	4.	.2	177.8
Milk jelly	5.	3.3	4.	69.
2 biscuits	20.	2.	5.	132.
<u>Tea</u>				
1 filleted haddock		20.	2.	98.
2 slices bread	106.	18.	2.	514.
2 scones	42.	9.	6.	258.
1 piece brown bread	50.	9.	1.5	250.
1 piece currant cake	40.	4.	6.	230.
4 pats butter			25.	225.
Raspberry jam	18.			72.
2 cups tea, with milk and sugar	11.5	1.	1.	59.
	417.	112.8	90.2	2931.

B 2. Mother. 1st Day

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
<u>Breakfast</u>				
1 boiled egg		6.	6.	78.
1 roll	24.	4.5	1.	123.
1 pat butter			6.2	56.
Marmalade	19.			76.
1 cup tea, with milk and sugar	5.75	.5	.5	29.5
<u>Dinner</u>				
3 ozs. stew		25.	16.	244.
Carrots	6.	1.5		30.
1 potato	20.	2.	.1	88.9
Milk jelly	5.	3.5	4.	69.
1 cup tea, with milk and sugar	5.75	.5	.5	29.5
2 biscuits	20.	2.	5.	132.
<u>Tea</u>				
1 filleted haddock		20.	2.	98.
$\frac{1}{2}$ slice bread	26.5	4.5	.5	128.5
1 slice brown bread	50.	9.	1.5	250.
1 piece milk bread	50.	9.	1.5	250.
1 scone	21.	4.5	3.	129
1 piece Topsy cake	40.	4.	6.	230.
3 pats butter			18.75	169
Raspberry jam	18.			72.
2 cups tea, with milk and sugar	11.5	1.	1.	59.
	322.5	97.3	73.55	2341.15

B 2. Son 1. 1st Day.

<u>Breakfast</u>	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories.</u>
1 boiled egg		6.	6.	78.
1 roll	24.	4.5	1.	123.
1 pat butter			6.2	56.
Marmalade	19.			76.
2 cups tea, with sugar and milk	11.5	1.	1.	59.
<u>Dinner</u>				
1 oz. stewed steak		7.5	5.	75.
Carrot	6.	1.5		30.
1 potato	20.	2.	.1	88.9
Milk jelly	5.	3.3	4.	69.
1 cup tea, with milk and sugar	5.75	.5	.5	29.5
1 biscuit	10.	1.	2.5	66.
<u>Tea</u>				
1 filleted haddock		20.	2.	98.
$\frac{1}{2}$ slice bread	26.5	4.5	.5	128.5
2 pieces brown bread	100.	18.	3.	500.
1 piece Tipsy cake	20.	2.	3.	115.
3 pats butter			18.75	169
2 cups tea, with milk and sugar	11.5	1.	1.	59.
	259.25	72.8	54.55	1819.15

B 2. Son 2. 1st Day.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories.</u>
<u>Breakfast</u>				
1 orange	10			40.
1 slice brown bread	50.	9.	1.5	250.
1 pat butter			6.2	56.
1 cup tea, with milk and sugar	5.75	.5	.5	29.5
<u>Dinner</u>				
1 potato	20.	2.	.1	88.9
Carrot	6.	1.5		30.
Gravy			5.	45.
Milk jelly	5.	3.3	4.	69.
1 cup tea, with milk and sugar	5.75	.5	.5	29.5
1 biscuit	10.	1.	2.5	66.
<u>Tea</u>				
1 filleted haddock		20.	2.	98.
1 slice bread	26.5	4.5	.5	128.5
2 slices brown bread	50.	9.	1.5	250.
3 pats butter			18.25	169.
1 cup milk	5.	3.3	4.	69.
	194.	54.6	47.05	1417.85

A 1. Father

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT</u>	<u>CALORIES</u>
1.	380.45	102.55	125.6	3063.5
2.	372.7	66.	120.	2834.
3.	255.45	100.6	94.7	2276.4
4.	455.	136.1	178.05	3967.
5.	362.	92.25	107.35	2783.
6.	535.	129.	174.	4223.
7.	<u>414.</u>	<u>99.3</u>	<u>87.8</u>	<u>2843.</u>
	2774.6	725.8	887.5	21989.1
Aver.	<u>396.4</u>	<u>103.7</u>	<u>127.</u>	<u>3141.3</u>

B 1. Father.

1.	400.25	93.8	112.45	2988.25
2.	351.25	111.	59.55	2384.95
3.	373.75	133.4	93.7	2871.9
4.	382.	74.25	88.35	2620.15
5.	348.25	90.9	76.8	2447.8
6.	310.5	91.	48.6	2043.4
7.	<u>332.5</u>	<u>78.5</u>	<u>93.15</u>	<u>2482.35</u>
	2498.5	672.8	572.6	17838.8
Aver.	<u>357.</u>	<u>96.1</u>	<u>81.8</u>	<u>2548.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT</u>	<u>CALORIES</u>
<u>A 1. Mother.</u>				
1.	199.63	29.5	55.65	1417.75
2.	245.	58.	82.	1946.
3.	196.08	58.6	95.35	1877.
4.	326.5	65.6	71.7	2214.
5.	284.	62.5	78.5	2093.
6.	190.	57.	76.9	1680.
7.	<u>346.6</u>	<u>75.</u>	<u>72.</u>	<u>2335</u>
	1787.81	406.2	532.1	13564.9
Aver.	<u>255.4</u>	<u>58.</u>	<u>76.</u>	<u>1938.</u>

<u>B 1. Mother.</u>				
1.	272.75	51.25	53.25	1775.25
2.	188.575	50.25	40.6	1320.7
3.	203.25	55.6	56.65	1545.25
4.	253.25	52.25	51.45	1685.05
5.	218.25	51.05	50.8	1534.4
6.	202.	36.	42.4	1333.6
7.	<u>257.5</u>	<u>56.25</u>	<u>68.9</u>	<u>1875.1</u>
	1595.5	352.6	364.	11069.35
Aver.	<u>228.</u>	<u>50.3</u>	<u>52.</u>	<u>1581.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES</u>
<u>A 1. Son 1.</u>				
1.	473.8	87.55	147.95	3576.95
2.	474.1	99.	202.	4111.
3.	324.45	88.1	131.65	2835.
4.	374.	85.25	84.7	2600.
5.	427.	90.	115.	3118.
6.	524.6	123.	204.8	4433.
7.	<u>569.</u>	<u>124.</u>	<u>154.</u>	<u>4158.</u>
	3166.95	696.9	1040.1	24816.3
Aver.	<u>452.4</u>	<u>99.5</u>	<u>149.</u>	<u>3545.</u>

<u>B 1. Son 1.</u>				
1.	638.25	108.1	123.	4092.4
2.	422.75	132.5	75.95	2904.55
3.	548.75	120.3	96.6	3545.6
4.	400.5	67.25	81.75	2606.75
5.	379.	84.55	68.5	2470.7
6.	394.	103.3	62.4	2550.8
7.	<u>402.25</u>	<u>79.25</u>	<u>82.55</u>	<u>2668.95</u>
	3185.5	695.2	590.7	20839.75
Aver.	<u>455.1</u>	<u>99.3</u>	<u>84.4</u>	<u>2977.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT</u>	<u>CALORIES.</u>
<u>A 1. Daughter.</u>				
1.	278.8	66.35	96.85	2252.
2.	233.7	46.5	69.25	1746.
3.	255.2	72.6	84.	2066.
4.	342.37	66.	77.	2326.
5.	289.5	70.	101.	2355.
6.	370.5	78.4	105.25	2742.
7.	<u>434.45</u>	<u>85.25</u>	<u>68.15</u>	<u>2692.</u>
	2204.52	485.1	601.5	16172.
Aver.	<u>315</u>	<u>69.3</u>	<u>85.9</u>	<u>2310.3</u>

<u>B 1. Daughter.</u>				
1.	381.5	87.35	100.35	2778.55
2.	301.5	86.55	60.2	2094.
3.	462.	124.8	100.5	3247.65
4.	252.25	63.95	75.35	1942.95
5.	383.5	86.	76.8	2569.2
6.	254.5	86.4	56.2	1869.4
7.	<u>363.5</u>	<u>80.7</u>	<u>105.8</u>	<u>2729.</u>
	2398.7	615.7	575.2	17234.8
Aver.	<u>342.7</u>	<u>87.9</u>	<u>82.1</u>	<u>2462.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT</u>	<u>CALORIES</u>
<u>A 1.</u> <u>Son 2.</u>				
1.	347.	71.5	84.	2436.
2.	274.7	57.4	63.7	1905.
3.	185.45	71.1	85.45	1793.
4.	100.	38.1	16.15	698.
5.	311.	77.	82.	2290.
6.	410.75	67.6	84.65	2675.
7.	<u>240.2</u>	<u>67.</u>	<u>47.</u>	<u>1652.</u>
	1869.1	449.7	463.	13442.2
Aver.	<u>267.</u>	<u>64.2</u>	<u>66.1</u>	<u>1920.3</u>

<u>B 1.</u> <u>Son 2.</u>				
1.	326.75	64.25	70.9	2202.1
2.	379.	89.	46.3	2288.7
3.	539.	109.6	80.9	3322.5
4.	331.	51.25	43.15	1917.35
5.	422.	94.8	62.8	2632.4
6.	294.25	82.5	41.7	1882.3
7.	<u>407.75</u>	<u>68.5</u>	<u>93.45</u>	<u>2746.05</u>
	2699.7	559.9	439.2	16991.4
Aver.	<u>385.7</u>	<u>79.9</u>	<u>62.7</u>	<u>2427.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES</u>
<u>A 1. Son 3.</u>				
1.	162.	30.1	62.05	1327.
2.	199.25	28.	29.6	1173.
3.	90.58	33.725	44.3	896.
4.	126.	49.8	107.	1670.
5.	173.	49.	69.	1500.
6.	271.	54.	84.	2056.
7.	<u>242.</u>	<u>43.25</u>	<u>47.5</u>	<u>1568.5</u>
	1263.8	287.8	443.4	10197.
Aver.	<u>180.5</u>	<u>41.1</u>	<u>63.3</u>	<u>1457.</u>

<u>B 1. Son 3.</u>				
1.	217.5	44.35	47.6	1475.8
2.	261.	47.4	46.6	1653.
3.	217.	37.05	47.3	1441.9
4.	192.75	29.65	34.05	1196.05
5.	209.	53.6	44.2	1448.2
6.	184.	38.	40.5	1252.5
7.	<u>175.</u>	<u>40.45</u>	<u>50.55</u>	<u>1316.25</u>
	1456.2	290.5	310.8	9784.2
Aver.	<u>208.</u>	<u>41.5</u>	<u>44.4</u>	<u>1397.7</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 2. <u>Father.</u>				
1.	289.	89.	111.	2511.
2.	305.4	114.3	128.	2830.7
3.	342.7	108.6	138.45	3041.25
4.	288.55	104.9	115.1	2609.7
5.	359.25	84.35	144.4	3074.
6.	299.35	77.3	92.4	2338.2
7.	<u>421.8</u>	<u>119.8</u>	<u>133.25</u>	<u>3365.65</u>
	2306.	698.25	862.6	19780.4
Aver.	<u>329.</u>	<u>99.7</u>	<u>123.2</u>	<u>2825.8</u>

B 2. <u>Father.</u>				
1.	417.	112.8	90.2	2931.
2.	434.75	120.55	154.45	3611.25
3.	351.25	98.3	160.95	3246.75
4.	400.75	124.3	123.45	3211.25
5.	358.25	80.75	78.45	2462.05
6.	312.75	93.	110.7	2619.3
7.	<u>354.75</u>	<u>101.5</u>	<u>103.95</u>	<u>2760.55</u>
	2629.5	731.2	822.1	20842.15
Aver.	<u>375.6</u>	<u>104.4</u>	<u>117.4</u>	<u>2977.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 2. Mother.</u>				
1.	252.	75.53	87.7	2099.
2.	258.	77.	96.	2204.
3.	195.2	75.8	95.35	1942.15
4.	145.8	74.1	41.25	1250.85
5.	244.5	59.25	116.65	2264.85
6.	238.85	70.8	84.05	1995.05
7.	<u>367.05</u>	<u>97.8</u>	<u>101.4</u>	<u>2772.</u>
	1701.4	530.1	622.4	14527.6
Aver.	<u>243.</u>	<u>75.7</u>	<u>89.</u>	<u>2075.3</u>

<u>B 2. Mother.</u>				
1.	322.5	97.3	73.55	2341.15
2.	244.25	84.3	124.85	2437.85
3.	252.25	76.3	131.3	2495.9
4.	266.	88.8	89.3	2222.9
5.	239.5	60.25	57.8	1719.2
6.	240.	79.8	82.8	2024.4
7.	<u>281.</u>	<u>90.</u>	<u>88.8</u>	<u>2283.2</u>
	1845.5	576.7	648.4	15524.6
Aver.	<u>263.6</u>	<u>82.4</u>	<u>92.6</u>	<u>2217.8</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 2. Son.</u>				
1.	232.75	67.85	72.25	1853.
2.	148.5	59.5	48.	1252.
3.	124.95	31.4	42.25	1005.65
4.	176.675	76.6	44.55	1414.05
5.	187.65	58.6	96.9	1857.1
6.	209.75	66.75	81.9	1843.9
7.	<u>224.65</u>	<u>62.45</u>	<u>73.75</u>	<u>1812.15</u>
	1304.9	423.5	459.6	11048.7
Aver.	<u>186.4</u>	<u>60.5</u>	<u>65.7</u>	<u>1578.4</u>

<u>B 2. Son</u>				
1.	259.25	72.8	54.55	1819.15
2.	209.75	55.3	69.55	1686.15
3.	236.25	55.4	91.6	1991.
4.	273.95	65.2	48.9	1796.7
5.	206.15	43.65	43.6	1391.6
6.	192.35	38.	34.5	1231.9
7.	<u>258.7</u>	<u>66.9</u>	<u>62.9</u>	<u>1868.5</u>
	1636.4	397.2	405.6	11785.
Aver.	<u>233.7</u>	<u>56.7</u>	<u>57.9</u>	<u>1683.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 2. Son 2.</u>				
1.	114.6	29.8	22	775.6
2.	148.	34.9	32.6	1025.
3.	125.5	30.1	25.	847.4
4.	133.7	33.7	28.7	927.9
5.	133.7	31.2	26.6	899.
6.	133.7	31.2	26.6	899.
7.	<u>139.2</u>	<u>34.45</u>	<u>31.9</u>	<u>981.7</u>
	928.4	225.35	193.4	6355.6
Aver.	<u>132.6</u>	<u>32.19</u>	<u>27.6.</u>	<u>907.9</u>

<u>B 2. Son 2.</u>				
1.	194.	54.6	47.05	1417.85
2.	148.4	35.6	57.55	1253.75
3.	181.	37.4	76.8	1564.8
4.	203.9	47.75	44.35	1405.75
5.	164.5	33.25	44.5	1191.5
6.	204.6	33.	34.5	1260.9
7.	<u>177.7</u>	<u>40.2</u>	<u>51.1</u>	<u>1331.5</u>
	1274.1	281.8	355.8	9426.25
Aver.	<u>182.</u>	<u>40.2</u>	<u>50.8</u>	<u>1346.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 3. Husband.</u>				
1.	295.	82.55	56.05	2014.65
2.	321.25	102.3	76.2	2380.
3.	299.8	83.7	98.9	2424.1
4.	237.25	83.2	65.6	1872.2
5.	389.	81.5	61.95	2439.55
6.	456.75	103.6	114.6	3272.8
7.	<u>270.25</u>	<u>83.75</u>	<u>65.7</u>	<u>2007.3</u>
	2269.3	620.6	539.	16410.6
Aver.	<u>324.2</u>	<u>88.6</u>	<u>77.</u>	<u>2344.3</u>

<u>B 3. Husband.</u>				
1.	252.25	71.8	52.3	1766.9
2.	257.25	94.8	47.3	1833.9
3.	283.25	79.4	61.3	2002.3
4.	254.5	76.8	58.8	1854.4
5.	283.5	79.6	63.8	2026.6
6.	366.25	83.1	86.1	2572.3
7.	<u>270.75</u>	<u>99.6</u>	<u>96.3</u>	<u>2348.1</u>
	1967.7	585.1	465.9	14404.5
Aver.	<u>281.1</u>	<u>83.6</u>	<u>66.5</u>	<u>2057.8</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES</u>
<u>A 3. Wife.</u>				
1.	219.	62.	34.	1430.
2.	239.	62.5	55.6	1706.4
3.	269.75	57.8	44.9	1714.3
4.	271.	59.7	38.9	1672.9
5.	272.75	79.5	38.4	1754.6
6.	275.25	65.5	53.7	1846.3
7.	<u>293.</u>	<u>83.5</u>	<u>63.</u>	<u>2073.</u>
	1839.75	470.5	328.5	12199.5
Aver.	<u>262.8</u>	<u>67.2</u>	<u>47.</u>	<u>1743.</u>

<u>B 3. Wife.</u>				
1.	301.5	84.5	61.8	2100.2
2.	297.	116.	63.8	2226.2
3.	352.55	97.9	74.8	2475.
4.	203.	78.5	61.5	1679.5
5.	208.	72.5	64.8	1705.2
6.	241.75	91.	64.7	1913.3
7.	<u>278.5</u>	<u>90.3</u>	<u>62.7</u>	<u>2039.5</u>
	1882.3	630.7	454.1	14138.9
Aver.	<u>268.9</u>	<u>90.1</u>	<u>64.9</u>	<u>2019.8</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 4. Father.</u>				
1.	357.7	103.35	111.1	2844.1
2.	423.7	126.6	123.7	3314.5
3.	373.	100.1	86.4	2670.
4.	540.	141.1	127.85	3875.
5.	322.75	82.85	80.	2342.4
6.	395.5	103.65	75.	2671.6
7.	<u>716.25</u>	<u>158.2</u>	<u>140.6</u>	<u>4763.2</u>
	3128.9	815.85	744.65	22480.85
Aver.	<u>447.</u>	<u>116.5</u>	<u>106.3</u>	<u>3211.5</u>

B 4. Father.

1.	359.5	92.35	76.1	2492.3
2.	371.5	107.4	127.6	3064.
3.	418.55	108.3	119.3	3181.1
4.	486.3	146.3	125.3	3658.1
5.	334.5	98.3	81.6	2465.6
6.	470.05	125.	161.6	3834.6
7.	<u>294.5</u>	<u>109.5</u>	<u>147.7</u>	<u>2945.3</u>
	2734.9	787.1	839.2	21641.
Aver.	<u>390.7</u>	<u>112.4</u>	<u>119.9</u>	<u>3091.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 4. Mother.</u>				
1.	247.95	94.15	88.8	2167.6
2.	245.95	76.15	80.35	2011.55
3.	171.75	79.6	57.9	1526.5
4.	190.95	61.5	73.	1666.8
5.	191.75	67.9	82.6	1782.
6.	176.	74.65	62.	1560.6
7.	<u>299.2</u>	<u>99.4</u>	<u>110.5</u>	<u>2588.9</u>
	1523.55	553.35	555.15	13303.95
Aver.	<u>217.6</u>	<u>79.</u>	<u>79.3</u>	<u>1900.5</u>

<u>B. 4. Mother.</u>				
1.	309.75	79.35	62.25	2116.65
2.	212.75	55.9	41.2	1445.4
3.	322.55	76.3	81.4	2328.
4.	301.05	84.3	106.6	2500.8
5.	172.25	57.3	53.3	1397.9
6.	276.7	67.	97.7	2254.1
7.	<u>204.25</u>	<u>68.25</u>	<u>71.15</u>	<u>1730.35</u>
	1799.3	488.4	513.6	13773.25
Aver.	<u>257.</u>	<u>69.7</u>	<u>73.3</u>	1967.6

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 4. Janet</u>				
1.	267.9	100.1	92.	2300.
2.	145.2	57.85	58.45	1338.25
3.	248.5	114.3	124.	2567.2
4.	267.	56.	66.4	1889.6
5.	226.25	78.9	83.7	1973.9
6.	208.5	78.8	64.8	1732.4
7.	<u>351.5</u>	<u>101.3</u>	<u>113.</u>	<u>2828.2</u>
	1714.85	587.25	602.35	14629.55
Aver.	<u>244.9</u>	<u>84.</u>	<u>86.</u>	<u>2090.</u>

<u>B 4. Janet</u>				
1.	281.25	75.15	103.8	2359.8
2.	168.5	65.6	91.7	1761.7
3.	252.3	67.9	108.7	2259.1
4.	307.25	45.3	82.8	2155.4
5.	165.	59.6	62.9	1464.5
6.	258.7	75.75	126.55	2476.75
7.	<u>211.</u>	<u>79.25</u>	<u>71.75</u>	<u>1806.75</u>
	1644.	468.5	648.2	14284.
Aver.	<u>235.</u>	<u>66.9</u>	<u>92.6</u>	<u>2040.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 4. John.</u>				
1.	374.	126.	118.45	3066.05
2.	463.75	135.8	126.15	3533.55
3.	283.7	144.5	173.4	3273.4
4.	322.25	96.9	93.85	2521.25
5.	228.5	98.1	111.65	2311.25
6.	266.75	80.	57.65	1905.85
7.	<u>430.25</u>	<u>110.8</u>	<u>124.1</u>	<u>3281.1</u>
	2369.2	792.1	805.25	19892.45
Aver.	<u>338.5</u>	<u>113.1</u>	<u>115.</u>	<u>2841.7</u>

<u>B 4. John.</u>				
1.	428.	123.6	150.5	3560.9
2.	328.	95.9	90.85	2513.25
3.	395.05	117.7	131.5	3234.5
4.	414.55	157.3	160.65	3733.35
5.	277.75	81.3	73.7	2099.5
6.	166.4	97.	135.5	2273.1
7.	<u>241.5</u>	<u>90.75</u>	<u>85.25</u>	<u>2096.25</u>
	2251.2	763.5	827.9	19510.7
Aver.	<u>321.6</u>	<u>109.1</u>	<u>118.3</u>	<u>2787.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 4. Isobel.</u>				
1.	219.75	71.2	66.05	1758.15
2.	238.25	79.2	89.4	2074.4
3.	199.25	95.5	106.9	2141.1
4.	289.75	83.3	88.1	2285.1
5.	211.	76.	90.	1958.
6.	312.	70.	75.6	2208.4
7.	<u>404.25</u>	<u>97.2</u>	<u>88.1</u>	<u>2799.</u>
	1874.25	572.4	604.15	15224.15
Aver.	<u>267.7</u>	<u>81.7</u>	<u>86.3</u>	<u>2175.</u>

<u>B 4. Isobel.</u>				
1.	377.75	95.6	107.6	2861.8
2.	273.25	39.9	39.2	1605.4
3.	322.55	76.3	81.4	2328.
4.	296.15	85.3	75.55	2205.75
5.	210.5	63.8	61.8	1653.4
6.	327.	63.5	85.9	2335.1
7.	<u>247.9</u>	<u>85.</u>	<u>99.15</u>	<u>2223.95</u>
	2055.1	509.4	550.6	15213.4
Aver.	<u>293.6</u>	<u>72.8</u>	<u>78.6</u>	<u>2173.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 4. Archie.</u>				
1.	370.2	122.6	115.8	3013.
2.	345.95	88.55	100.4	2641.6
3.	394.25	114.1	128.7	3191.7
4.	368.75	111.2	95.35	2777.95
5.	241.	86.	96.	2172.
6.	343.	103.15	102.25	2704.85
7.	<u>362.5</u>	<u>90.3</u>	<u>69.6</u>	<u>2437.6</u>
	2425.65	715.8	708.1	18938.7
Aver.	<u>346.5</u>	<u>102.2</u>	<u>101.1</u>	<u>2705.5</u>

<u>B 4. Archie.</u>				
1.	489.	111.35	97.	3274.4
2.	409.5	96.	77.65	2720.85
3.	392.5	94.9	94.3	2798.3
4.	378.55	125.8	102.25	2937.65
5.	323.	91.3	74.6	2328.6
6.	369.55	105.5	155.8	3302.4
7.	<u>270.</u>	<u>93.75</u>	<u>90.25</u>	<u>2267.25</u>
	2632.1	718.6	691.8	19629.4
Aver.	<u>376.</u>	<u>102.6</u>	<u>98.8</u>	<u>2804.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 5. Father.</u>				
1.	262.5	103.2	67.5	2070.3
2.	291.7	103.1	88.8	2378.4
3.	231.75	89.6	41.3	1657.1
4.	223.75	82.2	65.8	1816.
5.	247.5	82.7	60.	1860.8
6.	262.	109.9	56.3	1994.3
7.	<u>223.75</u>	<u>82.2</u>	<u>65.8</u>	<u>1816.</u>
	1742.95	652.9	445.5	13592.9
Aver.	<u>248.9</u>	<u>93.2</u>	<u>63.6</u>	<u>1941.8</u>

<u>B 5. Father.</u>				
1.	288.2	113.2	119.1	2677.5
2.	288.8	122.2	133.8	2848.2
3.	275.4	114.7	117.6	2618.8
4.	275.4	114.7	117.6	2618.8
5.	288.2	113.2	119.1	2677.5
6.	260.5	104.7	66.3	2057.5
7.	<u>260.5</u>	<u>104.7</u>	<u>66.3</u>	<u>2057.5</u>
	1937.	787.4	739.8	17555.8
Aver.	<u>276.7</u>	<u>112.5</u>	<u>105.7</u>	<u>2507.9</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 5. Mother.</u>				
1.	238.25	67.3	40.1	1583.1
2.	132.25	65.3	42.1	1169.1
3.	132.25	41.3	17.9	855.3
4.	168.7	63.2	52.4	1399.2
5.	174.3	38.7	36.9	1184.1
6.	176.75	62.8	52.4	1429.8
7.	<u>168.7</u>	<u>63.2</u>	<u>52.4</u>	<u>1399.2</u>
	1191.2	401.8	294.2	9019.8
Aver.	<u>170.1</u>	<u>57.4</u>	<u>42.</u>	<u>1288.5</u>

<u>B 5. Mother.</u>				
1.	143.25	38.3	47.1	1150.1
2.	143.25	37.55	43.45	1114.25
3.	211.95	53.3	47.6	1489.4
4.	96.75	26.	42.6	874.4
5.	111.75	40.25	57.75	1127.75
6.	158.25	68.3	53.3	1385.9
7.	<u>158.25</u>	<u>68.3</u>	<u>53.3</u>	<u>1385.9</u>
	1023.45	332.	345.1	8527.7
Aver.	<u>146.2</u>	<u>47.4</u>	<u>49.3</u>	<u>1218.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 5. Daughter.</u>				
1.	147.25	47.8	29.4	1044.8
2.	179.3	46.9	37.5	1242.3
3.	195.2	55.8	37.8	1344.2
4.	159.25	51.	40.	1201.
5.	209.5	59.3	44.5	1475.7
6.	214.8	64.3	78.4	1822.
7.	<u>159.25</u>	<u>51.</u>	<u>40.</u>	<u>1201.</u>
	1264.55	376.1	307.6	9331.
Aver.	<u>180.6</u>	<u>53.7</u>	<u>44.</u>	<u>1333.</u>

<u>B 5. Daughter.</u>				
1.	254.5	70.8	45.9	1714.3
2.	244.75	61.1	46.9	1645.5
3.	270.55	59.9	49.9	1770.9
4.	250.75	73.3	45.9	1709.3
5.	205.95	55.3	61.4	1597.6
6.	158.25	69.3	79.3	1623.9
7.	<u>158.25</u>	<u>69.3</u>	<u>79.3</u>	<u>1623.9</u>
	1543.	459.	408.6	11685.4
Aver.	<u>220.4</u>	<u>65.5</u>	<u>58.3</u>	<u>1669.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 5. G. Daughter.</u>				
1.	140.75	75.3	53.8	1348.4
2.	173.	85.4	63.	1600.6
3.	146.5	69.8	73.6	1527.6
4.	146.5	78.9	54.5	1392.1
5.	213.	67.4	59.	1652.6
6.	251.	83.3	84.8	2100.4
7.	<u>146.5</u>	<u>78.9</u>	<u>54.5</u>	<u>1392.1</u>
	1217.25	539.	443.2	11013.8
Aver.	<u>173.9</u>	<u>77.</u>	<u>63.3</u>	<u>1573.4</u>

<u>B 5. G. Daughter.</u>				
1.	204.	66.3	43.1	1469.1
2.	204.	77.3	64.1	1702.1
3.	217.7	95.3	62.4	1813.6
4.	191.2	89.8	69.9	1753.1
5.	221.6	66.3	54.9	1645.7
6.	276.75	79.8	85.6	2196.6
7.	<u>156.75</u>	<u>51.8</u>	<u>35.6</u>	<u>1154.6</u>
	1472.	526.6	415.6	11734.8
Aver.	<u>210.3</u>	<u>75.2</u>	<u>59.3</u>	<u>1676.4</u>

	CHO.	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 6. Father.</u>				
1.	246.	95.3	62.7	1929.5
2.	219.2	82.5	121.8	2303.
3.	286.	98.3	83.8	2291.4
4.	259.	98.6	72.7	2084.7
5.	259.	83.6	67.	1973.4
6.	246.	80.3	63.	1872.2
7.	<u>219.2</u>	<u>82.5</u>	<u>121.8</u>	<u>2303.</u>
	1734.4	621.1	592.8	14757.2
Aver.	<u>247.8</u>	<u>88.7</u>	<u>84.7</u>	2108.1

<u>B 6. Father.</u>				
1.	289.5	93.3	92.1	2360.1
2.	252.4	90.9	139.1	2625.1
3.	225.05	76.8	67.4	1814.
4.	298.	99.2	94.6	2440.2
5.	247.55	76.8	65.9	1890.5
6.	289.5	93.3	92.1	2360.1
7.	<u>225.05</u>	<u>76.8</u>	<u>67.4</u>	<u>1814.</u>
	1827.	607.1	618.6	15304
Aver.	<u>261.</u>	<u>86.7</u>	<u>88.3</u>	<u>2186.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 6. Mother.</u>				
1.	237.5	42.6	29.6	1386.8
2.	205.25	83.8	68.5	1772.7
3.	282.75	79.55	66.	2043.2
4.	128.5	49.3	35.5	1030.7
5.	128.5	89.3	49.5	1316.7
6.	162.625	69.3	47.2	1352.5
7.	<u>205.25</u>	<u>83.8</u>	<u>68.5</u>	<u>1772.7</u>
	1350.3	497.6	364.8	10675.3
Aver.	<u>192.9</u>	<u>71.1</u>	<u>52.1</u>	<u>1525.</u>

<u>B 6. Mother.</u>				
1.	182.75	62.2	54.6	1471.2
2.	209.45	54.3	72.1	1703.9
3.	185.5	65.2	52.6	1476.2
4.	155.075	65.8	39.4	1238.1
5.	123.7	58.5	80.1	1449.7
6.	182.75	62.2	54.6	1471.2
7.	<u>185.5</u>	<u>65.2</u>	<u>52.6</u>	<u>1476.2</u>
	1224.7	433.4	406.	10286.5
Aver.	<u>175.</u>	<u>61.9</u>	<u>58.</u>	<u>1469.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 6.</u> <u>Son.</u>				
1.	541.95	120.4	85	3414.4
2.	368.	108.9	123.1	3015.5
3.	694.	170.5	152.4	4829.6
4.	607.	150.4	125.5	4159.1
5.	633.	157.4	135.5	4381.1
6.	602.8	154.9	178.3	4635.5
7.	<u>368.</u>	<u>108.9</u>	<u>123.1</u>	<u>3015.5</u>
	3814.7	971.4	922.9	27450.7
Aver.	<u>545.</u>	<u>139.</u>	<u>131.8</u>	<u>3921.5</u>

<u>B 6.</u> <u>Son.</u>				
1.	487.	117.3	114.6	3448.6
2.	514.825	136.5	126.98	3748.12
3.	543.75	123.	108.6	3644.4
4.	504.825	143.	119.1	3663.2
5.	504.2	146.	156.6	4010.2
6.	487.	117.3	114.6	3448.6
7.	<u>543.75</u>	<u>123.</u>	<u>108.6</u>	<u>3644.4</u>
	3585.3	906.1	849.	25607.52
Aver.	<u>512.2</u>	<u>129.4</u>	<u>121.2</u>	<u>3658.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 6. Daughter.</u>				
1.	239.	56.3	47.4	1607.8
2.	157.	60.8	61.8	1427.4
3.	253.	82.75	73.	2000.
4.	201.	49.8	52.3	1473.9
5.	195.5	49.8	36.1	1306.1
6.	195.5	49.8	61.1	1531.1
7.	<u>157.</u>	<u>60.8</u>	<u>61.8</u>	<u>1427.4</u>
	1398.	410.	393.5	10773.7
Aver.	<u>199.7</u>	<u>58.5</u>	<u>56.2</u>	<u>1539.1</u>

<u>B 6. Daughter.</u>				
1.	178.5	43.3	56.9	1399.3
2.	205.25	40.5	49.4	1427.6
3.	173.55	38.8	45.7	1260.7
4.	173.55	38.8	45.7	1260.7
5.	168.5	35.5	41.7	1191.3
6.	178.5	43.3	56.9	1399.3
7.	<u>173.55</u>	<u>38.8</u>	<u>45.7</u>	<u>1260.7</u>
	1251.4	279.	342.	9199.6
Aver.	<u>178.7</u>	<u>39.8</u>	<u>48.8</u>	<u>1314.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 7. Mother.</u>				
1.	90.25	54.	33.9	792.1
2.	169.25	41.5	33.8	1147.2
3.	210.55	68.55	57.65	1635.25
4.	160.25	51.	33.	1142.
5.	222.25	78.	59.3	1734.7
6.	184.75	47.5	42.8	1314.2
7.	<u>212.5</u>	<u>56.</u>	<u>43.7</u>	<u>1467.3</u>
	1249.8	396.55	294.15	9232.75
Aver.	<u>178.5</u>	<u>56.6</u>	<u>42.</u>	<u>1319.</u>

<u>B 7. Mother.</u>				
1.	188.8	58.85	31.05	1270.05
2.	189.9	77.1	49.6	1514.4
3.	81.5	54.	43.75	935.75
4.	150.4	43.45	29.95	1044.95
5.	79.	37.7	34.85	780.45
6.	55.	34.5	29.95	627.55
7.	<u>66.</u>	<u>37.</u>	<u>35.7</u>	<u>733.3</u>
	810.6	342.6	254.85	6906.45
Aver.	<u>115.8</u>	<u>48.9</u>	<u>36.4</u>	<u>986.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 7. Daughter.</u>				
1.	274.25	71.	47.1	1804.9
2.	208.25	61.5	82.5	1821.5
3.	247.55	80.05	113.5	2331.9
4.	174.7	78.3	124.65	2133.85
5.	225.95	101.3	110.	2299.
6.	251.	80.8	102.9	2253.9
7.	<u>334.5</u>	<u>86.5</u>	<u>98.8</u>	<u>2573.2</u>
	1716.2	559.4	679.4	15217.6
Aver.	<u>245.2</u>	<u>79.9.</u>	<u>97.</u>	<u>2174.</u>

<u>B 7. Daughter.</u>				
1.	274.3	60.35	34.2	1646.4
2.	416.4	108.75	63.95	2676.15
3.	322.5	90.5	72.35	2303.15
4.	394.9	80.45	63.1	2469.3
5.	374.25	71.7	31.7	2069.1
6.	227.5	67.2	83.4	1929.4
7.	<u>281.5</u>	<u>41.5</u>	<u>47.9</u>	<u>1723.1</u>
	2291.3	520.4	396.6	14816.6
Aver.	<u>327.3</u>	<u>74.3</u>	<u>56.6</u>	<u>2116.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 8. Father.</u>				
1.	822.75	158.5	89.5	4730.5
2.	690.2	114.4	82.8	3962.6
3.	786.95	149.9	72.95	4403.95
4.	462.	79.2	65.5	2754.3
5.	869.2	147.6	56.6	4576.6
6.	586.25	110.75	59.25	3321.25
7.	<u>463.</u>	<u>98.55</u>	<u>51.75</u>	<u>2712</u>
	4680.3	858.9	477.8	26461.2
Aver.	<u>668.6</u>	<u>122.7</u>	<u>68.2</u>	<u>3780.</u>

<u>B 8 Father.</u>				
1.	603.	125.5	129.65	4080.85
2.	370.25	78.7	102.7	2720.1
3.	536.95	124.6	81.3	3377.9
4.	612.3	130.9	73.05	3630.25
5.	648.	163.25	82.3	3985.7
6.	684.3	141.2	77.3	3997.7
7.	<u>402.3</u>	<u>150.3</u>	<u>58.25</u>	<u>2734.65</u>
	3857.1	914.4	604.5	24527.1
Aver.	<u>551.</u>	<u>130.6</u>	<u>86.4</u>	<u>3504.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 8. Mother.</u>				
1.	466.5	90.	43.	2617.5
2.	338.	50.6	24.2	1772.2
3.	333.5	50.1	42.7	1918.7
4.	373.25	50.	39.	2044.
5.	269.	54.5	41.	1663.
6.	329.	68.5	40.75	1956.75
7.	<u>301.6</u>	<u>64.55</u>	<u>35.5</u>	<u>1784.1</u>
	2410.8	428.2	266.1	13751.7
Aver.	344.4	<u>61.1</u>	<u>38.</u>	<u>1964.5</u>

<u>B 8. Mother.</u>				
1.	372.25	75.	82.7	2533.3
2.	306.25	61.1	56.5	1977.9
3.	287.35	79.1	48.7	1904.1
4.	289.15	56.95	29.8	1652.6
5.	338.25	84.45	47.2	2115.6
6.	531.35	103.5	47.3	2965.1
7.	<u>274.9</u>	<u>86.8</u>	<u>51.</u>	<u>1905.8</u>
	2399.5	546.9	363.2	15054.4
Aver.	<u>342.8</u>	<u>78.1</u>	<u>51.9</u>	<u>2150.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 8.</u> <u>Son.</u>				
1.	195.6	66.3	75.65	1728.45
2.	136.45	27.6	37.2	991.
3.	208.	77.5	54.	1628.
4.	285.	53.1	74.8	2025.6
5.	142.6	45.5	36.	1076.4
6.	155.3	55.45	48.15	1276.35
7.	<u>155.5</u>	<u>52.</u>	<u>59.25</u>	<u>1363.25</u>
	1278.45	377.45	385.05	10089.05
Aver.	<u>182.6</u>	<u>54.</u>	<u>55.</u>	<u>1441.</u>

<u>B 8.</u> <u>Son.</u>				
1.	310.8	68.85	79.35	2232.75
2.	210.6	50.85	52.35	1516.95
3.	227.65	75.2	71.75	1857.15
4.	211.25	61.5	46.75	1511.75
5.	126.8	51.55	37.85	1054.05
6.	345.3	85.9	56.25	2231.05
7.	<u>166.15</u>	<u>77.05</u>	<u>38.1</u>	<u>1315.7</u>
	1598.5	470.9	382.4	11719.4
Aver.	<u>228.3</u>	<u>67.2</u>	<u>54.6</u>	<u>1674.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 9. Father.</u>				
1.	246.85	96.	102.9	2297.5
2.	279.4	111.	162.6	3025.
3.	165.95	95.3	106.4	2002.6
4.	253.	131.7	92.2	2368.6
5.	336.65	100.12	111.82	2753.46
6.	358.1	120.62	93.92	2760.16
7.	<u>241.35</u>	<u>72.37</u>	<u>85.02</u>	<u>2020.06</u>
	1881.3	727.1	754.8	17227.3
Aver.	<u>268.7</u>	<u>103.8</u>	<u>107.7</u>	<u>2461.</u>

<u>A 9. Father.</u>				
1.	285.45	88.55	79.7	2213.3
2.	351.75	103.3	84.	2576.2
3.	281.4	78.2	93.6	2280.8
4.	177.85	58.12	68.27	1558.31
5.	322.15	92.7	89.1	2463.7
6.	257.85	73.62	92.12	2154.96
7.	<u>152.6</u>	<u>55.82</u>	<u>90.12</u>	<u>1644.76</u>
	1829.	550.3	596.9	14892.
Aver.	<u>261.3</u>	<u>78.6</u>	<u>85.3</u>	<u>2127.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 9. Mother.</u>				
1.	284.35	77.5	68.7	2065.7
2.	267.2	95.	105.5	2398.3
3.	141.95	60.8	68.1	1423.9
4.	234.8	102.7	74.	1983.6
5.	175.6	56.12	62.62	1490.4
6.	289.1	93.82	53.62	2032.3
7.	<u>195.85</u>	<u>62.67</u>	<u>61.72</u>	<u>1589.56</u>
	1588.8	548.6	494.2	12998.
Aver.	<u>227.</u>	<u>78.3</u>	<u>70.6</u>	<u>1857.</u>

<u>B 9. Mother.</u>				
1.	285.45	88.55	79.7	2213.3
2.	351.75	103.3	84.	2576.2
3.	281.4	78.2	93.6	2280.8
4.	177.85	58.12	68.27	1558.31
5.	322.15	92.7	89.1	2463.7
6.	257.85	73.62	92.12	2154.96
7.	<u>152.6</u>	<u>55.82</u>	<u>90.12</u>	<u>1644.76</u>
	1829.	550.3	596.9	14892.
Aver.	261.3	78.6	85.3	2127.4

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 9. Daughter.</u>				
1.	413.45	112.5	79.6	2820.2
2.	273.	95.5	128.8	2633.2
3.	147.7	79.3	74.6	1579.4
4.	261.8	113.67	92.67	2335.9
5.	316.9	89.12	104.32	2562.96
6.	340.6	113.82	83.62	2570.26
7.	<u>245.85</u>	<u>72.77</u>	<u>85.02</u>	<u>2039.66</u>
	1999.3	676.6	648.6	16541.5
Aver.	<u>285.6</u>	<u>96.6</u>	<u>92.6</u>	<u>2363.</u>

<u>B 9. Daughter.</u>				
1.	285.45	88.55	79.7	2213.3
2.	351.75	103.3	84.	2576.2
3.	281.4	78.2	93.6	2280.8
4.	177.85	58.12	68.27	1558.31
5.	322.15	92.7	89.1	2463.7
6.	257.85	73.62	92.12	2154.96
7.	<u>152.6</u>	<u>55.82</u>	<u>90.12</u>	<u>1644.76</u>
	1829.	550.3	596.9	14892.
Aver.	<u>261.3</u>	<u>78.6</u>	<u>85.3</u>	<u>2127.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 10. Father.</u>				
1.	437.05	138.5	158.7	3730.5
2.	433.95	120.3	78.9	2927.1
3.	254.25	58.3	58.8	1779.4
4.	420.8	131.8	85.8	2982.6
5.	456.75	110.3	100.2	3170.
6.	352.25	106.3	70.15	2465.55
7.	<u>379.6</u>	<u>109.3</u>	<u>83.2</u>	<u>2704.4</u>
	2734.6	774.6	635.7	19759.7
Aver.	<u>390.6</u>	<u>110.7</u>	<u>90.8</u>	<u>2822.8</u>

<u>B 10. Father.</u>				
1.	412.4	115.85	174.	3679.
2.	423.	118.	79.	2875.
3.	261.5	62.5	57.5	1813.5
4.	402.	115.	86.	2842.
5.	477.5	103.5	99.	3215.
6.	325.75	104.2	65.7	2311.1
7.	<u>280.75</u>	<u>65.5</u>	<u>59.15</u>	<u>1917.35</u>
	2582.9	684.5	620.3	18652.9
Aver.	<u>369.</u>	<u>97.8</u>	<u>88.6</u>	<u>2664.7</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 10.</u> <u>Mother.</u>				
1.	348.2	99.75	109.7	2779.1
2.	303.2	97.3	52.1	2070.9
3.	142.5	66.6	31.5	1119.9
4.	271.5	103.8	91.4	2323.8
5.	291.25	75.3	63.3	2035.9
6.	165.	72.8	40.6	1316.6
7.	<u>247.7</u>	<u>67.9</u>	<u>40.4</u>	<u>1626.</u>
	1769.3	583.4	429.	13272.2
Aver.	<u>252.7</u>	<u>83.3</u>	<u>61.2</u>	<u>1896.</u>

<u>B 10.</u> <u>Mother.</u>				
1.	338.	89.7	99.	2601.8
2.	242.	81.6	45.2	1701.2
3.	281.25	65.	53.	1862.
4.	297.	77.	53.	1973.
5.	180.	69.6	34.5	1308.9
6.	195.	77.5	42.2	1469.8
7.	<u>160.</u>	<u>65.75</u>	<u>38.2</u>	<u>1246.8</u>
	1693.2	526.1	365.1	12163.5
Aver.	<u>241.9</u>	<u>75.1</u>	<u>52.1</u>	<u>1737.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 10.</u> <u>William.</u>				
1.	466.	147.4	234.2	4561.4
2.	484.25	100.8	90.1	3151.1
3.	158.25	23.5	32.4	11018.6
4.	274.4	82.9	152.9	2805.3
5.	278.55	68.5	45.9	1801.3
6.	240.75	61.5	39.8	1567.2
7.	<u>275.75</u>	<u>50.5</u>	<u>50.7</u>	<u>1761.3</u>
	2177.7	535.1	646.	16666.2
Aver.	<u>311.1</u>	<u>76.4</u>	<u>92.2</u>	<u>2380.9</u>

B 10. William.

1.	285.85	75.5	57.2	1960.2
2.	299.4	79.9	80.4	2240.8
3.	317.75	88.6	92.7	2459.7
4.	274.4	82.9	152.9	2805.3
5.	335.5	78.7	99.	2548.2
6.	244.8	65.5	41.2	1611.
7.	<u>379.</u>	<u>92.</u>	<u>107.8</u>	<u>2854.2</u>
	2136.7	563.	631.	16479.4
Aver.	<u>305.2</u>	<u>80.4</u>	<u>90.2</u>	<u>2354.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 10. John.</u>				
1.	418.3	111.5	148.	3467.2
2.	355.25	91.3	70.	2416.2
3.	294.55	81.9	53.5	1987.3
4.	414.05	109.3	137.5	3330.9
5.	508.25	80.3	74.9	3028.3
6.	314.25	81.3	63.3	2151.9
7.	<u>365.35</u>	<u>107.8</u>	<u>83.6</u>	<u>2645.</u>
	2670.	663.4	630.8	19020.8
Aver.	<u>381.4</u>	<u>94.8</u>	<u>90.1</u>	<u>2717.2</u>

<u>B 10. John.</u>				
1.	403.8	102.3	123.8	3138.6
2.	475.25	73.3	72.9	2850.3
3.	333.3	99.8	70.	2362.4
4.	377.55	93.5	76.9	2576.3
5.	351.4	97.	79.6	2510.
6.	428.2	91.3	109.2	2980.8
7.	<u>329.8</u>	<u>95.</u>	<u>131.6</u>	<u>2883.6</u>
	2699.3	632.2	664.	19302.
Aver.	<u>385.6</u>	<u>90.3</u>	<u>95.</u>	<u>2757.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 10. Cyril.</u>				
1.	338.95	94.	140.6	2997.2
2.	340.95	92.3	62.	2291.
3.	387.55	98.2	78.5	2649.5
4.	420.8	121.8	79.8	2888.6
5.	468.25	91.3	99.2	3131.
6.	379.75	85.3	73.15	2518.55
7.	<u>386.45</u>	<u>124.3</u>	<u>77.8</u>	<u>2743.2</u>
	2722.7	707.2	611.	19219.
Aver.	<u>389.</u>	<u>101.</u>	<u>87.2</u>	<u>2745.5</u>

<u>B 10. Cyril.</u>				
1.	355.25	91.3	70.	2416.2
2.	433.75	88.3	82.15	2827.55
3.	397.25	95.3	78.	2672.2
4.	381.5	94.8	80.8	2632.4
5.	417.8	109.5	92.3	2939.9
6.	348.5	91.3	78.3	2463.9
7.	<u>397.75</u>	<u>83.5</u>	<u>75.3</u>	<u>2602.7</u>
	2731.8	654.	556.85	18554.85
Aver.	<u>390.2</u>	<u>93.4</u>	<u>79.5</u>	<u>2650.7</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 10. <u>Thomas.</u>				
1.	383.95	90.1	140.	3156.2
2.	256.2	68.8	37.6	1638.4
3.	297.05	74.2	53.6	1967.4
4.	331.05	78.3	43.8	2031.6
5.	383.75	63.3	70.7	2424.5
6.	265.	82.	52.9	1864.1
7.	<u>292.3</u>	<u>54.</u>	<u>32.9</u>	<u>1681.3</u>
	2209.3	510.7	431.5	14763.5
Aver.	<u>315.6</u>	<u>72.9</u>	<u>61.6</u>	<u>2109.</u>

B 10. <u>Thomas.</u>				
1.	292.3	84.	52.9	1981.3
2.	233.	78.3	53.8	1729.4
3.	379.3	91.	104.	2817.2
4.	387.5	66.2	77.3	2510.5
5.	265.2	88.6	47.6	1843.6
6.	395.3	91.3	124.9	3070.5
7.	<u>365.5</u>	<u>78.4</u>	<u>89.9</u>	<u>2584.7</u>
	2318.1	577.8	550.4	16537.2
Aver.	<u>331.1</u>	<u>82.5</u>	<u>78.6</u>	<u>2362.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 10.</u> <u>Donald</u>				
1.	412.4	115.85	174.	3679.
2.	300.45	94.3	48.1	2011.9
3.	295.5	70.6	70.9	2102.5
4.	194.85	66.85	83.15	1795.15
5.	406.8	76.8	65.3	2522.1
6.	281.25	68.3	56.5	1906.7
7.	<u>293.45</u>	<u>75.8</u>	<u>48.6</u>	<u>1914.4</u>
	2184.7	568.5	546.55	15931.75
 Aver.	<u>312.1</u>	<u>81.2</u>	<u>78.1</u>	<u>2275.9</u>

<u>B 10.</u> <u>Donald.</u>				
1.	393.5	95.8	68.5	2573.7
2.	359.5	63.8	79.3	2406.9
3.	283.45	78.5	86.4	2225.4
4.	297.5	93.5	81.9	2301.1
5.	247.8	87.8	59.5	1877.9
6.	235.5	78.3	63.5	1826.7
7.	<u>312.5</u>	<u>97.8</u>	<u>72.5</u>	<u>2293.7</u>
	2129.75	595.5	511.6	15505.4
 Aver.	<u>304.2</u>	<u>85.1</u>	<u>73.1</u>	<u>2215.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 10. George.</u>				
1.	180.9	80.8	123.3	2156.5
2.	254.1	55.8	41.4	1612.2
3.	203.4	51.05	50.5	1472.3
4.	174.1	45.3	53.5	1359.1
5.	207.15	40.8	29.75	1259.55
6.	186.5	53.8	42.1	1340.1
7.	<u>241.1</u>	<u>58.3</u>	<u>58.4</u>	<u>1723.2</u>
	1447.25	385.8	398.9	10922.9
Aver.	<u>206.7</u>	<u>55.1</u>	<u>57.</u>	<u>1560.4</u>

<u>B 10. George.</u>				
1.	207.8	59.2	48.7	1506.3
2.	217.5	58.3	43.5	1494.7
3.	199.5	49.8	53.5	1478.7
4.	181.9	78.3	79.5	1756.3
5.	237.5	58.3	59.5	1718.7
6.	254.	51.3	47.3	1646.9
7.	<u>202.8</u>	<u>47.5</u>	<u>51.2</u>	<u>1462.</u>
	1501.	402.7	383.2	11063.6
Aver.	<u>214.4</u>	<u>57.5</u>	<u>54.7</u>	<u>1580.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 10. <u>Camilla.</u>				
1.	377.7	108.5	138.	3186.8
2.	472.95	124.3	80.35	3112.15
3.	264.75	67.5	53.6	1811.4
4.	265.95	79.3	97.35	2259.15
5.	402.9	69.9	71.45	2534.25
6.	316.75	83.8	64.5	2182.7
7.	<u>466.5</u>	<u>65.3</u>	<u>41.</u>	<u>2496.2</u>
	2567.5	598.6	546.2	17580.65
Aver.	<u>366.8</u>	<u>85.5</u>	<u>78.</u>	<u>2511.5</u>

B 10. <u>Camilla.</u>				
1.	380.7	111.3	129.	3129.
2.	293.5	74.8	80.2	2195.
3.	298.75	88.	75.5	2226.5
4.	351.	79.3	84.6	2482.6
5.	353.6	57.9	104.75	2588.75
6.	299.5	81.8	63.	2092.2
7.	<u>322.6</u>	<u>94.9</u>	<u>79.3</u>	<u>2383.7</u>
	2299.6	588.	616.3	17097.75
Aver.	<u>328.5</u>	<u>84.</u>	<u>88.</u>	<u>2442.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 10. Margaret.</u>				
1.	473.75	72.5	96.6	3054.4
2.	406.2	74.8	64.8	2507.2
3.	299.8	66.7	52.	1934.
4.	226.95	53.8	76.8	1814.2
5.	264.5	43.3	43.	1618.2
6.	250.	42.8	42.9	1557.3
7.	<u>308.2</u>	<u>46.8</u>	<u>50.</u>	<u>1870.</u>
	2229.4	400.7	426.1	14355.3
Aver.	<u>318.5</u>	<u>57.2</u>	<u>60.9</u>	<u>2050.7</u>

<u>B 10. Margaret.</u>				
1.	348.5	56.8	77.9	2322.3
2.	300.2	53.8	66.8	2017.2
3.	291.5	40.3	51.9	1794.3
4.	303.1	68.3	43.5	1877.1
5.	246.	47.6	56.9	1686.5
6.	266.2	43.8	46.8	1661.2
7.	<u>260.</u>	<u>63.4</u>	<u>56.4</u>	<u>1801.2</u>
	2015.5	374.	400.2	13159.8
Aver.	<u>288.</u>	<u>53.4</u>	<u>57.1</u>	<u>1879.9</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 10. <u>Ella.</u>				
1.	214.9	86.8	139.1	2458.7
2.	320.1	92.3	53.9	2134.7
3.	218.55	56.	56.	1602.2
4.	222.	58.8	54.75	1615.95
5.	260.15	49.8	36.95	1572.35
6.	259.5	64.8	43.2	1686.
7.	<u>303.1</u>	<u>68.3</u>	<u>34.4</u>	<u>1795.2</u>
	1798.3	476.8	418.3	12865.1
Aver.	<u>257.</u>	<u>68.1</u>	<u>59.7</u>	<u>1837.8</u>

B. 10. <u>Ella.</u>				
1.	312.5	84.8	56.3	2095.9
2.	270.5	50.3	43.5	1674.7
3.	249.5	61.3	48.3	1677.9
4.	253.1	69.3	46.2	1705.4
5.	318.5	61.3	73.8	2183.4
6.	211.5	83.	71.	1817.
7.	<u>280.15</u>	<u>43.5</u>	<u>38.8</u>	<u>1643.8</u>
	1895.7	453.5	377.9	12798.1
Aver.	<u>270.8</u>	<u>64.8</u>	<u>54.</u>	<u>1828.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 11. <u>Father.</u>				
1.	211.5	87.5	78.7	1904.3
2.	202.5	85.5	73.6	1814.4
3.	236.6	84.	79.3	1996.1
4.	300.2	104.85	81.2	2351.
5.	272.	75.6	94.1	2237.3
6.	340.5	65.	107.1	2585.9
7.	<u>243.2</u>	<u>89.</u>	<u>119.7</u>	<u>2406.1</u>
	1806.5	591.45	633.7	15295.1
Aver.	<u>258.1</u>	<u>84.5</u>	<u>90.5</u>	<u>2185.</u>

B 11. <u>Father.</u>				
1.	231.	89.9	94.9	2137.7
2.	252.	101.4	97.9	2294.7
3.	232.	80.4	105.9	2202.7
4.	238.	84.9	116.9	2343.7
5.	238.	88.9	82.9	2053.7
6.	311.	80.1	97.9	2445.5
7.	<u>191.2</u>	<u>82.5</u>	<u>104.4</u>	<u>2034.4</u>
	1693.2	608.1	700.8	15512.4
Aver.	<u>241.9</u>	<u>87.</u>	<u>100.1</u>	<u>2216.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 11. <u>Mother.</u>				
1.	166.5	68.5	62.4	1501.6
2.	218.25	72.	47.9	1592.1
3.	161.	62.5	50.9	1352.1
4.	158.45	68.4	57.3	1423.1
5.	104.825	46.	65.9	1196.5
6.	250.75	52.	75.	1886.
7.	<u>189.6</u>	<u>66.</u>	<u>76.4</u>	<u>1710.</u>
	1249.3	435.4	435.8	10661.3
Aver.	<u>178.5</u>	<u>62.2</u>	<u>62.2</u>	<u>1523.</u>

B 11. <u>Mother.</u>				
1.	142.5	56.5	43.8	1190.2
2.	170.5	80.5	53.6	1486.4
3.	173.825	62.5	72.3	1596.
4.	168.5	59.5	56.6	1421.4
5.	207.5	78.	55.6	1642.4
6.	254.25	68.	55.1	1784.9
7.	<u>179.7</u>	<u>81.5</u>	<u>103.4</u>	<u>1975.4</u>
	1296.7	486.5	440.4	11096.7
Aver.	<u>185.1</u>	<u>69.5</u>	<u>62.9</u>	<u>1585.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 11. Son.</u>				
1.	363.2	112.3	172.8	3457.2
2.	404.75	101.8	122.45	3128.25
3.	317.25	111.1	97.1	2587.3
4.	302.1	93.6	106.4	2540.4
5.	257.	76.8	100.7	2241.5
6.	423.5	75.8	109.2	2980.
7.	<u>283.2</u>	<u>93.</u>	<u>125.7</u>	<u>2636.1</u>
	2351.	664.4	834.3	19570.75
Aver.	<u>336.</u>	<u>94.9</u>	<u>119.2</u>	<u>2795.8</u>

<u>B 11. Son.</u>				
1.	214.75	73.6	89.9	1962.5
2.	233.25	89.8	86.4	2069.8
3.	343.25	97.1	122.1	2860.3
4.	376.25	93.7	107.9	2850.9
5.	416.25	111.6	110.7	3107.7
6.	397.	95.3	106.4	2926.8
7.	<u>273.2</u>	<u>95.</u>	<u>107.7</u>	<u>2442.1</u>
	2253.9	656.1	731.1	18220.1
Aver.	<u>321.9</u>	<u>93.7</u>	<u>104.4</u>	<u>2603.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 11. Daughter.</u>				
1.	238.55	65.5	80.55	1941.15
2.	292.55	67.6	71.05	2080.05
3.	214.8	66.3	78.75	1833.15
4.	327.75	89.9	72.3	2321.3
5.	196.375	54.5	76.25	1689.75
6.	366.3	63.	103.35	2647.35
7.	<u>197.6</u>	<u>70.</u>	<u>83.9</u>	<u>1825.5</u>
	1833.9	476.8	566.1	14338.25
Aver.	<u>261.9</u>	<u>68.1</u>	<u>80.9</u>	<u>2048.3</u>

<u>B 11. Daughter.</u>				
1.	242.55	66.6	67.3	1842.3
2.	291.3	76.4	74.5	2141.3
3.	275.125	77.6	92.1	2239.8
4.	330.8	75.9	67.7	2236.1
5.	324.05	95.4	76.4	2364.4
6.	402.8	89.	75.6	2647.6
7.	<u>272.6</u>	<u>76.</u>	<u>80.7</u>	<u>2120.7</u>
	2139.2	556.9	534.3	15593.2
Aver.	<u>305.6</u>	<u>79.5</u>	<u>76.3</u>	<u>2227.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 11. <u>Daughter 2.</u>				
1.	278.75	80.3	73.4	2096.8
2.	213.25	57.8	78.1	1787.1
3.	231.75	67.6	82.2	1937.2
4.	304.45	96.6	85.1	2370.1
5.	233.075	60.8	78.2	1879.3
6.	362.75	63.9	103.7	2639.9
7.	<u>197.6</u>	<u>68.</u>	<u>78.7</u>	<u>1770.7</u>
	1821.6	495.	579.4	14481.1
Aver.	<u>260.2</u>	<u>70.7</u>	<u>82.7</u>	<u>2068.7</u>

B 11. <u>Daughter 2.</u>				
1.	257.75	81.3	79.	2067.2
2.	325.75	101.8	81.	2439.2
3.	298.075	83.2	96.	2389.1
4.	332.75	77.2	79.9	2358.9
5.	332.75	91.2	69.7	2323.1
6.	302.5	73.3	73.5	2164.7
7.	<u>269.6</u>	<u>74.5</u>	<u>80.7</u>	<u>2102.7</u>
	2119.1	582.5	559.8	15844.9
Aver.	<u>302.7</u>	<u>83.2</u>	<u>79.9</u>	<u>2263.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 12. <u>G-Father.</u>				
1.	231.8	69.	76.55	1892.15
2.	256.	107.9	80.2	2177.4
3.	240.25	102.2	106.7	2330.1
4.	305.95	106.3	108.85	2628.65
5.	271.5	87.5	89.9	2245.1
6.	264.85	113.85	108.7	2493.1
7.	<u>297.7</u>	<u>115.3</u>	<u>92.2</u>	<u>2481.8</u>
	1868.	702.	663.1	16248.3
Aver.	<u>266.8</u>	<u>100.2</u>	94.7	2321.2

B 12. <u>G.-Father.</u>				
1.	313.5	112.3	95.1	2558.9
2.	334.25	80.15	91.15	2478.35
3.	295.05	95.2	66.8	2162.2
4.	358.75	126.3	126.2	3076.
5.	330.	110.4	111.3	2763.3
6.	367.75	104.2	114.7	2920.1
7.	<u>325.5</u>	<u>123.1</u>	<u>67.2</u>	<u>2399.2</u>
	2324.8	751.6	672.4	18358.
Aver.	<u>332.1</u>	<u>107.3</u>	<u>96.</u>	<u>2622.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 12. <u>G.-Mother.</u>				
1.	239.8	78.7	53.3	1753.7
2.	212.75	72.	86.8	1920.2
3.	237.	62.3	66.2	1793.
4.	183.85	61.8	44.3	1381.3
5.	187.	44.8	49.7	1374.5
6.	230.1	93.15	75.8	1975.2
7.	<u>295.7</u>	<u>96.</u>	<u>74.3</u>	<u>2235.5</u>
	1586.2	508.7	450.4	12433.4
Aver.	<u>226.6</u>	<u>72.7</u>	<u>64.3</u>	<u>1776.2</u>

B 12. <u>G.-Mother.</u>				
1.	197.25	76.6	60.9	1643.5
2.	191.	54.6	66.6	1581.8
3.	222.	68.5	43.4	1552.6
4.	290.	97.	80.6	2273.4
5.	196.	80.8	78.9	1817.3
6.	314.	81.5	95.3	2439.7
7.	<u>211.</u>	<u>84.8</u>	<u>46.6</u>	<u>1602.6</u>
	1621.	543.8	472.3	12910.9
Aver.	<u>231.6</u>	<u>77.7</u>	<u>67.5</u>	<u>1844.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 12. <u>2 Children.</u>				
1.	170.8	44.3	49.8	1308.6
2.	242.3	46.5	45.7	1566.5
3.	267.2	53.5	86.1	2057.7
4.	167.4	53.9	47.8	1315.4
5.	218.9	42.7	40.1	1407.3
6.	158.5	61.1	46.3	1295.1
7.	<u>210.5</u>	<u>49.7</u>	<u>49.9</u>	<u>1489.9</u>
	1435.6	351.7	365.7	10440.5
Aver.	<u>205.1</u>	<u>50.2</u>	<u>52.3</u>	<u>1491.5</u>

B 12. <u>2 Children.</u>				
1.	206.4	42.3	36.85	1326.45
2.	202.2	47.65	36.7	1329.7
3.	191.2	47.	25.2	1179.6
4.	199.3	44.1	42.7	1359.9
5.	202.7	40.3	31.9	1259.1
6.	293.75	67.35	52.15	1911.35
7.	<u>190.2</u>	<u>37.3</u>	<u>32.5</u>	<u>1202.5</u>
	1485.7	326.	258.	9569.
Aver.	<u>212.2</u>	<u>46.5</u>	<u>37.</u>	<u>1367.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 12. <u>Mother.</u>				
1.	151.5	58.25	70.05	1469.45
2.	243.5	85.8	102.	2235.2
3.	265.75	79.7	55.8	1884.
4.	219.25	78.8	41.8	1568.4
5.	336.25	69.8	79.	2335.2
6.	160.35	64.75	93.8	1744.6
7.	<u>247.9</u>	<u>86.5</u>	<u>55.4</u>	<u>1836.2</u>
	1624.5	523.6	497.8	13073.
Aver.	<u>232.1</u>	<u>74.8</u>	<u>71.1</u>	<u>1867.5</u>

B 12. <u>Mother.</u>				
1.	251.	87.6	59.1	1886.3
2.	291.8	64.95	65.65	2017.85
3.	254.5	99.8	94.95	2263.75
4.	192.25	85.	79.5	1824.5
5.	220.75	56.5	66.6	1708.4
6.	370.25	68.8	69.1	2378.1
7.	<u>288.5</u>	<u>90.8</u>	<u>51.9</u>	<u>1984.3</u>
	1869.	553.4	486.8	14071.2
Aver.	<u>267.</u>	<u>79.</u>	<u>69.5</u>	<u>2010.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 12. Father.</u>				
1.	255.8	99.5	93.2	2260.
2.	314.25	102.1	117.2	2720.2
3.	297.	97.4	121.6	2672.
4.	254.25	98.7	103.7	2345.1
5.	340.75	97.	117.	2804.
6.	266.35	93.15	111.1	2437.9
7.	<u>238.45</u>	<u>85.4</u>	<u>42.5</u>	<u>1677.9</u>
	1966.8	673.2	706.3	16917.1
Aver.	<u>280.9</u>	<u>96.1</u>	<u>100.9</u>	<u>2416.7</u>

<u>B 12. Father.</u>				
1.	289.8	90.7	85.7	2293.3
2.	384.35	106.3	114.6	2994.
3.	240.5	92.1	115.3	2368.1
4.	378.	110.9	131.3	3137.3
5.	303.75	86.6	82.2	2301.2
6.	473.45	110.1	113.7	3357.5
7.	<u>376.75</u>	<u>147.1</u>	<u>85.2</u>	<u>2862.2</u>
	2446.6	743.8	728.	19313.6
Aver.	<u>349.5</u>	<u>106.2</u>	<u>104.</u>	<u>2759.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 13. Father.</u>				
1.	190.6	74.15	102.	1977.
2.	268.8	89.4	157.85	2853.45
3.	193.8	80.3	81.9	1833.5
4.	187.6	75.4	71.2	1692.8
5.	249.3	73.9	58.05	1815.25
6.	273.05	68.8	55.2	1864.2
7.	<u>172.8</u>	<u>69.2</u>	<u>56.7</u>	<u>1478.3</u>
	1535.9	531.1	582.8	13513.6
Aver.	<u>219.4</u>	<u>75.9</u>	<u>83.2</u>	<u>1930.5</u>

<u>B 13. Father.</u>				
1.	301.2	86.65	117.25	2606.65
2.	417.4	130.45	108.9	3171.5
3.	274.95	96.05	78.05	2186.45
4.	395.7	87.4	65.25	2519.65
5.	327.75	108.25	87.25	2529.25
6.	274.4	98.7	71.15	2132.75
7.	<u>476.8</u>	<u>118.5</u>	<u>75.65</u>	<u>3062.05</u>
	2468.2	726.	603.5	18208.3
Aver.	<u>352.6</u>	<u>103.7</u>	<u>86.2</u>	<u>2601.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 13. Mother.</u>				
1.	419.3	107.2	116.3	3152.7
2.	296.	114.6	103.9	2579.5
3.	413.25	101.1	76.95	2749.95
4.	534.	122.3	110.9	3623.3
5.	391.	118.4	71.1	2677.5
6.	401.25	104.4	58.3	2547.3
7.	<u>336.8</u>	<u>87.2</u>	<u>61.6</u>	<u>2250.4</u>
	2791.6	755.2	599.	19580.65
Aver.	398.8	107.9	85.5	2797.2

<u>B 13. Mother.</u>				
1.	340.2	88.5	73.25	2374.05
2.	273.9	91.2	103.	2387.4
3.	266.25	79.6	65.7	1974.7
4.	312.5	98.85	95.8	2507.6
5.	304.4	76.25	83.2	2271.4
6.	301.95	103.4	76.6	2310.8
7.	<u>496.55</u>	<u>104.</u>	<u>68.25</u>	<u>3016.45</u>
	2295.7	641.8	565.8	16842.4
Aver.	<u>328.</u>	<u>91.7</u>	<u>80.8</u>	<u>2406.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 13. <u>Son.</u>				
1.	121.8	24.	16.65	733.
2.	123.	31.5	44.5	1018.5
3.	81.5	26.5	31.6	716.4
4.	87.9	27.15	28.4	715.8
5.	65.4	33.35	25.4	623.6
6.	66.35	19.5	26.4	581.
7.	<u>86.4</u>	<u>20.95</u>	<u>23.95</u>	<u>644.95</u>
	632.3	182.9	196.9	5033.3
Aver.	<u>90.3</u>	<u>26.1</u>	<u>28.1</u>	<u>719.</u>

B 13. <u>Son.</u>				
1.	115.	30.	48.05	1012.45
2.	135.5	28.7	32.35	947.95
3.	94.1	29.45	31.8	780.4
4.	99.15	35.9	34.85	853.85
5.	89.	32.2	46.	898.8
6.	103.45	34.25	29.7	818.1
7.	<u>76.9</u>	<u>39.65</u>	<u>31.1</u>	<u>746.1</u>
	713.1	230.1	253.8	6057.2
Aver.	<u>101.9</u>	<u>32.9</u>	<u>36.2</u>	<u>865.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 14. Father.</u>				
1.	366.5	101.4	60.8	2418.8
2.	235.55	69.3	56.7	1729.7
3.	236.25	66.4	54.	1696.6
4.	257.7	50.8	68.9	1854.1
5.	219.45	64.	64.8	1717.
6.	241.55	90.2	56.2	1832.8
7.	<u>182.5</u>	<u>57.4</u>	<u>40.5</u>	<u>1324.1</u>
	1739.5	499.5	401.9	12573.1
Aver.	<u>248.5</u>	<u>71.3</u>	<u>57.4</u>	<u>1796.1</u>

<u>B 14. Father.</u>				
1.	302.75	87.8	64.95	2146.75
2.	266.85	103.9	87.7	2272.3
3.	359.8	99.7	75.4	2516.6
4.	234.25	56.4	47.9	1593.7
5.	338.5	100.1	64.3	2333.1
6.	142.95	70.8	97.7	1734.3
7.	<u>268.75</u>	<u>77.6</u>	<u>83.4</u>	<u>2136.</u>
	1913.8	596.3	521.3	14723.75
Aver.	<u>273.4</u>	<u>85.2</u>	<u>74.5</u>	<u>2103.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 14. <u>Mother.</u>				
1.	144.5	38.8	27.4	9798.
2.	298.55	93.85	90.6	2385.
3.	266.5	53.4	41.9	1656.7
4.	251.95	74.4	90.7	2121.7
5.	279.95	79.9	81.2	2170.2
6.	232.3	80.2	45.9	1663.1
7.	<u>172.5</u>	<u>54.9</u>	<u>45.8</u>	<u>1321.8</u>
	1646.25	475.45	423.5	12298.3
Aver.	<u>235.1</u>	<u>67.9</u>	<u>60.5</u>	<u>1757.</u>

B 14. <u>Mother.</u>				
1.	319.	85.5	69.2	2240.8
2.	170.85	93.8	78.3	1763.3
3.	316.05	102.7	93.8	2519.2
4.	215.5	64.5	54.	1606.
5.	284.25	105.1	67.8	2167.6
6.	202.95	70.8	96.8	1966.2
7.	<u>327.</u>	<u>94.6</u>	<u>93.4</u>	<u>2527.</u>
	1835.6	617.	553.3	14790.1
Aver.	<u>262.2</u>	<u>88.1</u>	<u>79.</u>	<u>2113.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 14. Daughter.</u>				
1.	262.25	89.3	49.4	1850.8
2.	282.05	69.95	71.7	2053.3
3.	331.05	83.2	82.4	2398.6
4.	304.7	75.6	92.4	2352.8
5.	260.95	81.1	92.5	2200.7
6.	265.3	93.2	60.	1974.
7.	<u>246.5</u>	<u>53.8</u>	<u>59.4</u>	<u>1735.8</u>
	1952.8	546.15	507.8	14566.
Aver.	<u>279.</u>	<u>78.</u>	<u>72.5</u>	<u>2081.</u>

<u>B 14. Daughter.</u>				
1.	362.25	86.9	61.7	2351.9
2.	355.1	104.6	88.75	2637.55
3.	339.8	99.9	86.1	2533.7
4.	276.25	69.	67.5	1988.5
5.	334.25	106.4	70.1	2393.5
6.	258.7	94.3	125.05	2537.45
7.	<u>368.25</u>	<u>96.3</u>	<u>99.5</u>	<u>2753.7</u>
	2294.6	657.4	598.7	17196.3
Aver.	<u>327.8</u>	<u>94.</u>	<u>85.5</u>	<u>2456.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 15.</u> <u>G.-Father.</u>				
1.	410.7	117.3	118.4	3177.6
2.	376.75	100.8	101.1	2820.1
3.	491.3	102.5	87.4	3161.8
4.	516.	124.8	80.7	3289.5
5.	383.5	117.3	114.6	3034.6
6.	332.5	134.3	74.1	2534.1
7.	<u>393.5</u>	<u>111.3</u>	<u>93.9</u>	<u>2864.3</u>
	2904.2	808.3	670.2	20882.
Aver.	<u>414.9</u>	<u>115.5</u>	<u>95.7</u>	<u>2983.</u>

<u>B 15.</u> <u>G.-Father.</u>				
1.	487.75	131.	93.6	3317.4
2.	446.05	154.4	122.35	3502.95
3.	349.25	97.	95.7	2646.3
4.	506.05	144.3	107.2	3566.2
5.	493.05	103.9	110.8	3385.
6.	464.05	135.4	93.2	3236.6
7.	<u>185.25</u>	<u>66.6</u>	<u>68.</u>	<u>1619.4</u>
	2931.4	832.6	690.8	21273.85
Aver.	<u>418.8</u>	<u>119.</u>	<u>98.7</u>	<u>3039.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 15 <u>G.-Mother.</u>				
1.	228.1	62.4	63.3	1731.7
2.	221.	56.8	53.7	1594.5
3.	366.3	84.5	79.9	2522.3
4.	397.	108.1	67.	2623.4
5.	286.5	69.85	59.7	1962.7
6.	375.1	60.8	91.8	2569.8
7.	<u>432.5</u>	<u>87.9</u>	<u>66.4</u>	<u>2679.2</u>
	2306.5	530.35	481.8	15683.6
Aver.	<u>329.5</u>	<u>75.7</u>	<u>68.8</u>	<u>2240.5</u>

B 15. <u>G.-Mother.</u>				
1.	365.3	83.6	106.9	2757.7
2.	221.8	64.2	52.3	1614.7
3.	391.25	91.4	64.3	2509.3
4.	455.25	95.8	82.3	2944.9
5.	324.5	82.8	61.8	2185.4
6.	385.05	87.7	74.3	2559.7
7.	<u>108.25</u>	<u>47.1</u>	<u>60.6</u>	<u>1166.8</u>
	2251.4	552.6	502.5	15738.5
Aver.	<u>321.6</u>	<u>79.</u>	<u>71.8</u>	<u>2248.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 15. Father.</u>				
1.	343.	75.2	94.8	2526.
2.	258.75	66.1	71.9	1946.5
3.	309.6	74.5	91.4	2359.
4.	394.8	97.	102.2	2887.
5.	268.	57.85	72.1	1952.3
6.	233.7	52.6	85.6	1915.6
7.	<u>341.25</u>	<u>70.4</u>	<u>69.1</u>	<u>2268.5</u>
	2149.1	493.6	587.1	15854.9
Aver.	<u>307.</u>	<u>70.5</u>	<u>83.8</u>	<u>2265.</u>

<u>B 15. Father.</u>				
1.	316.5	81.5	122.15	2691.35
2.	370.3	87.3	85.6	2600.8
3.	399.5	98.2	85.6	2761.2
4.	370.5	84.1	60.8	2365.6
5.	318.5	87.8	56.8	2136.4
6.	421.05	90.5	64.8	2629.4
7.	<u>304.</u>	<u>81.7</u>	<u>83.</u>	<u>2289.8</u>
	2500.3	611.1	558.7	17474.55
Aver.	<u>357.2</u>	<u>87.3</u>	<u>79.8</u>	<u>2496.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 15. Mother.</u>				
1.	231.25	56.5	61.	1700.
2.	185.25	47.2	36.15	1255.15
3.	248.5	69.	72.2	1919.8
4.	344.3	66.	78.5	2347.7
5.	151.75	46.5	70.	1423.
6.	203.95	44.3	75.	1668.
7.	<u>229.5</u>	<u>58.9</u>	<u>52.8</u>	<u>1628.8</u>
	1594.5	388.4	445.65	11942.45
Aver.	<u>227.8</u>	<u>55.5</u>	<u>63.6</u>	<u>1706.</u>

<u>B 15. Mother.</u>				
1.	221.65	55.2	71.35	1749.55
2.	382.3	88.7	74.5	2554.5
3.	377.5	89.4	63.65	2440.45
4.	353.5	79.	69.35	2354.15
5.	295.5	86.3	56.6	2036.6
6.	394.05	89.	77.15	2626.55
7.	<u>304.</u>	<u>81.7</u>	<u>83.</u>	<u>2289.8</u>
	2328.5	569.3	495.6	16051.6
Aver.	<u>332.6</u>	<u>81.3</u>	<u>70.8</u>	<u>2293.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 15. <u>Daughter.</u>				
1.	91.5	39.3	30.45	797.25
2.	89.	30.45	25.95	711.35
3.	117.55	37.7	41.8	997.2
4.	131.3	48.7	61.6	1274.4
5.	179.75	50.85	32.95	1218.95
6.	94.7	32.55	67.6	1117.4
7.	<u>144.55</u>	<u>31.5</u>	<u>45.65</u>	<u>1115.05</u>
	848.3	271.	306.	7231.6
Aver.	<u>121.2</u>	<u>38.7</u>	<u>43.7</u>	<u>1033.1</u>

B 15. <u>Daughter.</u>				
1.	101.05	39.85	34.35	872.75
2.	164.95	40.85	38.4	1168.8
3.	224.	46.2	36.95	1413.35
4.	180.3	50.	54.9	1415.3
5.	197.55	49.85	36.4	1317.2
6.	95.5	32.5	35.95	835.55
7.	<u>187.</u>	<u>45.25</u>	<u>41.1</u>	<u>1298.9</u>
	1150.3	304.5	278.	8321.85
Aver.	<u>164.3</u>	<u>43.5</u>	<u>39.7</u>	<u>1188.8</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 16. Father.</u>				
1.	304.45	114.55	109.9	2665.1
2.	271.25	95.1	64.4	2045.
3.	333.05	121.5	114.6	2849.6
4.	274.45	102.75	80.2	2230.6
5.	314.7	92.35	146.5	2946.7
6.	372.05	144.8	98.7	2955.7
7.	<u>324.5</u>	<u>144.1</u>	<u>135.3</u>	<u>3092.1</u>
	2194.4	815.1	749.6	18784.8
Aver.	<u>313.5</u>	<u>116.4</u>	<u>107.1</u>	<u>2683.5</u>

<u>B 16. Mr G.</u>				
1.	431.5	124.1	171.7	3767.7
2.	507.8	150.1	101.3	3543.3
3.	397.	122.3	121.7	3172.5
4.	311.	135.8	88.2	2581.
5.	499.7	137.9	159.15	3982.75
6.	338.5	93.95	90.85	2547.45
7.	<u>386.3</u>	<u>113.6</u>	<u>118.5</u>	<u>3066.1</u>
	2871.8	877.7	851.4	22660.8
Aver.	<u>410.2</u>	<u>125.4</u>	<u>121.6</u>	<u>3237.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 16. Mother.</u>				
1.	237.6	80.55	76.3	1959.3
2.	220.25	76.1	54.3	1674.1
3.	239.05	91.	87.2	2105.
4.	166.35	73.1	49.2	1400.6
5.	266.1	67.85	103.4	2266.4
6.	186.75	80.3	54.5	1558.7
7.	<u>214.45</u>	<u>86.6</u>	<u>98.9</u>	<u>2094.3</u>
	1530.5	555.5	523.8	13058.4
Aver.	<u>218.6</u>	<u>79.3</u>	<u>74.8</u>	<u>1865.5</u>

<u>B 16. Mother.</u>				
1.	264.	72.2	76.6	2034.2
2.	283.	79.5	56.8	1961.2
3.	259.	81.9	78.7	2073.9
4.	248.	64.1	68.6	1865.8
5.	303.	82.5	58.6	2069.4
6.	258.75	77.7	63.5	1917.3
7.	<u>261.</u>	<u>73.7</u>	<u>58.6</u>	<u>1866.2</u>
	1876.7	531.6	461.4	13788.
Aver.	<u>268.1</u>	<u>75.9</u>	<u>65.9</u>	<u>1969.7</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 16.</u> <u>Daughter.</u>				
1.	191.85	62.05	62.8	1580.8
2.	133.75	62.6	48.65	1223.25
3.	208.15	76.55	62.25	1699.05
4.	154.75	62.6	35.	1184.4
5.	230.5	50.6	61.8	1680.6
6.	191.65	68.9	59.15	1574.55
7.	<u>149.6</u>	<u>76.55</u>	<u>84.3</u>	<u>1663.3</u>
	1260.2	459.8	413.9	10605.9
Aver.	<u>180.</u>	<u>65.7</u>	<u>59.1</u>	<u>1515.1</u>

<u>B 16.</u> <u>Daughter.</u>				
1.	247.5	90.9	111.6	2358.
2.	281.4	81.9	59.15	1985.55
3.	149.	53.5	52.3	1280.7
4.	196.	88.1	74.6	1807.8
5.	249.6	72.75	68.3	1901.7
6.	257.5	72.45	60.3	1862.5
7.	<u>282.4</u>	<u>70.6</u>	<u>59.6</u>	<u>1948.4</u>
	1663.4	529.6	485.8	13144.65
Aver.	<u>237.6</u>	<u>75.6</u>	<u>69.4</u>	<u>1877.8</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 16. Clergyman.</u>				
1.	255.7	111.55	115.	2504.
2.	251.5	96.6	65.9	1985.5
3.	384.3	129.	106.1	3008.1
4.	328.6	110.1	83.1	2502.7
5.	350.95	99.85	148.7	3141.5
6.	389.3	144.8	91.6	2960.8
7.	<u>310.4</u>	<u>135.9</u>	<u>151.8</u>	<u>3151.4</u>
	2270.7	827.8	762.2	19254.
Aver.	<u>324.4</u>	<u>118.2</u>	<u>109.</u>	<u>2750.5</u>

<u>B 16. 1st Lodger.</u>				
1.	431.5	124.1	171.7	3767.7
2.	507.8	150.1	101.3	3543.3
3.	397.	122.3	121.7	3172.5
4.	311.	135.8	88.2	2581.
5.	499.7	137.9	159.15	3982.75
6.	338.5	93.95	90.85	2547.45
7.	<u>386.3</u>	<u>113.6</u>	<u>118.5</u>	<u>3066.1</u>
	2871.8	877.7	851.4	22660.8
Aver.	<u>410.2</u>	<u>125.4</u>	<u>121.6</u>	<u>3237.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 16. Teacher.</u>				
1.	260.85	102.55	88.9	2253.7
2.	195.25	89.1	61.4	1690.
3.	262.05	107.5	89.	2279.2
4.	248.45	94.75	65.5	1962.3
5.	276.7	84.35	140.4	2707.8
6.	258.55	116.3	69.4	2124.
7.	<u>245.05</u>	<u>114.2</u>	<u>102.</u>	<u>2355.</u>
	1746.9	708.7	616.6	15372.
Aver.	<u>249.5</u>	<u>101.2</u>	<u>88.1</u>	<u>2196.</u>

<u>B 16. 2nd Lodger.</u>				
1.	264.	72.2	76.6	2034.2
2.	283.	79.5	56.8	1961.2
3.	259.	81.9	78.7	2073.9
4.	248.	64.1	68.6	1865.8
5.	303.	82.5	58.6	2069.4
6.	258.75	77.7	63.5	1917.3
7.	<u>261.</u>	<u>73.7</u>	<u>58.6</u>	<u>1866.2</u>
	1876.7	531.6	461.4	13788.
Aver.	<u>268.1</u>	<u>75.9</u>	<u>65.9</u>	<u>1969.7</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 17. Daughter.</u>				
1.	363.15	95.5	124.85	2958.25
2.	378.45	102.15	117.7	2981.7
3.	366.25	106.8	88.6	2689.6
4.	237.25	65.25	69.7	1837.3
5.	259.55	91.7	84.1	2161.9
6.	250.7	75.8	73.6	1968.4
7.	<u>203.45</u>	<u>99.9</u>	<u>68.4</u>	<u>1829.</u>
	2058.8	637.1	626.9	16426.1
Aver.	<u>294.1</u>	<u>91.</u>	<u>89.5</u>	<u>2346.5</u>

<u>B 17. Daughter.</u>				
1.	302.25	90.75	79.2	2284.8
2.	420.6	124.6	139.2	3433.6
3.	345.5	110.6	138.9	3074.5
4.	340.7	90.8	111.7	2731.3
5.	337.5	94.1	112.6	2739.8
6.	247.5	101.5	139.	2647.
7.	<u>225.5</u>	<u>62.5</u>	<u>56.1</u>	<u>1656.9</u>
	2219.5	674.8	776.7	18567.9
Aver.	<u>317.1</u>	<u>96.4</u>	<u>110.9</u>	<u>2652.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 17. Student.</u>				
1.	438.65	124.5	162.75	3717.35
2.	337.95	134.95	118.4	2957.2
3.	271.25	100.5	95.3	2344.7
4.	291.25	69.25	66.8	2043.2
5.	406.15	131.7	128.3	3306.1
6.	383.25	99.8	110.9	2930.3
7.	<u>323.45</u>	<u>118.9</u>	<u>78.7</u>	<u>2477.7</u>
	2451.9	779.6	761.1	19776.5
Aver.	<u>350.3</u>	<u>111.3</u>	<u>108.7</u>	<u>2825.2</u>

<u>B 17. Student.</u>				
1.	302.25	90.75	79.2	2284.8
2.	420.6	124.6	139.2	3433.6
3.	345.5	110.6	138.9	3074.5
4.	340.7	90.8	111.7	2731.3
5.	337.5	94.1	112.6	2739.8
6.	247.5	101.5	139.	2647.
7.	<u>225.5</u>	<u>62.5</u>	<u>56.1</u>	<u>1656.9</u>
	2219.5	674.8	776.7	18567.9
Aver.	<u>317.1</u>	<u>96.4</u>	<u>110.9</u>	<u>2652.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 17. English Master.</u>				
1.	449.4	131.5	176.2.	3909.4
2.	421.7	124.45	144.4	3484.2
3.	427.	134.3	126.9	3389.3
4.	372.5	86.25	84.05	2591.45
5.	476.4	156.7	157.	3945.4
6.	396.	111.3	119.6	3105.6
7.	<u>399.2</u>	<u>152.4</u>	<u>97.</u>	<u>3079.4</u>
	2942.2	896.9	905.1	23502.7
Aver.	<u>420.3</u>	<u>128.1</u>	<u>129.3</u>	<u>3357.5</u>

<u>B 17. English Master.</u>				
1.	302.25	90.75	79.2	2284.8
2.	420.6	124.6	139.2	3433.6
3.	345.5	110.6	138.9	3074.5
4.	340.7	90.8	111.7	2731.3
5.	337.5	94.1	112.6	2739.8
6.	247.5	101.5	139.	2647.
7.	<u>225.5</u>	<u>62.5</u>	<u>56.1</u>	<u>1656.9</u>
	2219.5	674.8	776.7	18567.9
Aver.	<u>317.1</u>	<u>96.4</u>	<u>110.9</u>	<u>2652.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 17. Banker.</u>				
1.	343.9	109.	141.6	3086.
2.	391.95	116.95	115.2	3072.4
3.	299.75	101.	97.6	2481.4
4.	293.	70.25	68.2	2066.8
5.	370.9	127.2	126.2	3128.2
6.	263.25	84.3	92.4	2221.8
7.	<u>282.2</u>	<u>110.4</u>	<u>70.9</u>	<u>2208.5</u>
	2244.9	719.1	712.1	18265.1
Aver.	<u>320.7</u>	<u>102.7</u>	<u>101.7</u>	<u>2609.3</u>

<u>B 17. Banker.</u>				
1.	302.25	90.75	79.2	2284.8
2.	420.6	124.6	139.2	3433.6
3.	345.5	110.6	138.9	3074.5
4.	340.7	90.8	111.7	2731.3
5.	337.5	94.1	112.6	2739.8
6.	247.5	101.5	139.	2647.
7.	<u>225.5</u>	<u>62.5</u>	<u>56.1</u>	<u>1656.9</u>
	2219.5	674.8	776.7	18567.9
Aver.	<u>317.1</u>	<u>96.4</u>	<u>110.9</u>	<u>2652.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 17. Landlady.</u>				
1.	363.15	95.5	124.85	2958.25
2.	378.45	102.15	117.7	2981.7
3.	366.25	106.8	88.6	2689.6
4.	237.25	65.25	69.7	1837.3
5.	259.55	91.7	84.1	2161.9
6.	250.7	75.8	73.6	1968.4
7.	<u>203.45</u>	<u>99.9</u>	<u>68.4</u>	<u>1829.</u>
	2058.8	637.1	626.9	16426.1
Aver.	<u>294.1</u>	<u>91.</u>	<u>89.5</u>	<u>2346.5</u>

<u>B 17. Landlady.</u>				
1.	302.25	90.75	79.2	2284.8
2.	420.6	124.6	139.2	3433.6
3.	345.5	110.6	138.9	3074.5
4.	340.7	90.8	111.7	2731.3
5.	337.5	94.1	112.6	2739.8
6.	247.5	101.5	139.	2647.
7.	<u>225.5</u>	<u>62.5</u>	<u>56.1</u>	<u>1656.9</u>
	2219.5	674.8	776.7	18567.9
Aver.	<u>317.1</u>	<u>96.4</u>	<u>110.9</u>	<u>2652.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 18.</u> <u>Mr. Rugen.</u>				
1.	207.625	79.8	81.53	1883.47
2.	207.	76.3	55.6	1633.6
3.	177.	57.5	53.8	1423.2
4.	250.5	107.1	84.8	2193.6
5.	122.75	69.	43.9	1162.1
6.	224.1	85.4	93.4	2078.6
7.	<u>189.</u>	<u>60.</u>	<u>54.</u>	<u>1482.</u>
	1377.9	535.1	467.	11855.5
Aver.	<u>196.8</u>	<u>76.4</u>	<u>66.7</u>	<u>1693.6</u>

<u>B 18.</u> <u>Mr Rugen.</u>				
1.	219.	72.8	52.7	1641.5
2.	238.3	90.7	64.6	1897.2
3.	290.25	81.3	97.2	2361.
4.	239.5	95.4	58.	1861.6
5.	232.5	91.4	58.5	1822.1
6.	163.3	75.4	91.3	1776.5
7.	<u>204.5</u>	<u>84.9</u>	<u>65.5</u>	<u>1747.1</u>
	1587.3	591.9	487.8	13107.
Aver.	<u>226.7</u>	<u>84.5</u>	<u>69.7</u>	<u>1872.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 18.</u> <u>Mrs. Smith.</u>				
1.	364.875	92.1	100.18	2729.52
2.	275.25	73.7	83.	2142.8
3.	331.75	87.4	88.2	2470.4
4.	324.5	87.5	94.15	2495.25
5.	251.	80.8	71.4	1969.8
6.	408.6	112.7	112.3	3095.9
7.	<u>220.6</u>	<u>75.9</u>	<u>79.9</u>	<u>1905.1</u>
	2176.5	610.1	629.1	16808.8
Aver.	<u>310.9</u>	<u>87.1</u>	<u>89.9</u>	<u>2401.2</u>

<u>B 18.</u> <u>Mrs. Smith.</u>				
1.	294.75	72.8	57.2	1985.
2.	306.3	102.7	67.	2239.
3.	284.25	81.3	98.2	2346.
4.	252.25	95.4	63.9	1965.7
5.	227.75	74.9	53.9	1695.7
6.	274.05	91.9	100.6	2369.2
7.	<u>289.25</u>	<u>95.1</u>	<u>76.7</u>	<u>2227.7</u>
	1928.6	614.1	517.5	14828.3
Aver.	<u>275.5</u>	<u>87.7</u>	<u>73.9</u>	<u>2118.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 18.</u> <u>Mrs. Rugen.</u>				
1.	127.875	62.1	117.08	1813.62.
2.	153.5	68.8	90.9	1707.3
3.	212.75	52.	38.	1401.
4.	134.5	50.9	79.65	1458.45
5.	114.25	64.	78.8	1422.2
6.	215.6	80.4	64.	1760.
7.	<u>130.95</u>	<u>53.2</u>	<u>84.4</u>	<u>1496.2</u>
	1089.4	431.4	552.8	11058.7
Aver.	<u>155.6</u>	<u>61.6</u>	<u>79.</u>	<u>1579.8</u>

<u>B 18.</u> <u>Mrs Rugen.</u>				
1.	294.75	78.8	64.2	2072.
2.	238.3	90.7	64.6	1897.2
3.	265.5	80.8	96.7	2255.5
4.	272.25	97.4	64.	2054.6
5.	216.5	88.9	58.5	1748.1
6.	296.05	92.9	112.	2563.8
7.	<u>238.5</u>	<u>88.9</u>	<u>72.5</u>	<u>1962.1</u>
	1821.8	618.4	532.5	14553.5
Aver.	<u>260.2</u>	<u>88.3</u>	<u>76.1</u>	<u>2079.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 18.</u> <u>Mrs. Young.</u>				
1.	277.875	100.4	78.98	2223.92
2.	274.25	88.6	54.8	1944.6
3.	290.5	90.1	75.7	2203.7
4.	307.	107.9	98.7	2547.9
5.	224.75	86.8	57.	1759.2
6.	247.85	98.2	110.4	2377.8
7.	<u>324.25</u>	<u>103.1</u>	<u>82.5</u>	<u>2451.9</u>
	1946.4	675.1	558.	15509.
Aver.	<u>278.</u>	<u>96.4</u>	<u>79.7</u>	<u>2215.5</u>

<u>B 18.</u> <u>Mrs. Young.</u>				
1.	376.625	120.3	90.73	2804.27
2.	414.5	111.1	79.75	2820.15
3.	337.5	97.3	82.7	2483.5
4.	389.75	117.2	101.1	2937.9
5.	338.	101.	82.65	2499.85
6.	421.75	95.	85.25	2834.25
7.	<u>394.6</u>	<u>118.5</u>	<u>98.55</u>	<u>2939.35</u>
	2672.7	760.4	620.7	19318.8
Aver.	<u>381.8</u>	<u>108.6</u>	<u>88.7</u>	<u>2759.8</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 19. Father.</u>				
1.	292.45	59.15	52.1	1875.3
2.	261.2	74.3	47.6	1770.4
3.	321.	70.9	61.6	2122.
4.	286.95	86.1	49.2	1935.
5.	286.2	82.3	81.7	2209.3
6.	189.2	70.55	57.9	1560.1
7.	<u>246.45</u>	<u>69.3</u>	<u>81.</u>	<u>1992.</u>
	1883.4	512.6	431.1	13464.1
Aver.	<u>269.</u>	<u>73.2</u>	<u>61.5</u>	<u>1923.4</u>

<u>B 19. Father.</u>				
1.	277.5	59.1	60.9	1894.5
2.	374.5	86.5	105.6	2794.4
3.	358.3	96.6	63.6	2392.
4.	290.25	76.	63.3	2034.7
5.	400.3	102.95	82.4	2753.6
6.	360.25	102.55	88.45	2647.25
7.	<u>249.5</u>	<u>85.9</u>	<u>94.6</u>	<u>2193.</u>
	2310.6	609.6	558.8	16710.45
Aver.	<u>330.1</u>	<u>87.1</u>	<u>79.8</u>	<u>2387.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 19. Mother.</u>				
1.	220.5	50.85	40.3	1448.1
2.	249.	71.8	44.3	1681.9
3.	294.8	67.1	56.3	1954.3
4.	249.	79.8	43.3	1704.9
5.	304.5	83.5	101.3	2463.7
6.	174.25	66.25	51.6	1426.4
7.	<u>192.7</u>	<u>64.</u>	<u>77.3</u>	<u>1722.5</u>
	1684.7	483.3	414.4	12401.8
Aver.	<u>240.7</u>	<u>69.</u>	<u>59.2</u>	<u>1771.7</u>

<u>B 19. Mother.</u>				
1.	198.5	50.2	63.6	1567.2
2.	341.5	77.1	102.6	2597.8
3.	303.3	91.7	60.3	2122.7
4.	250.	76.5	69.6	1932.4
5.	336.3	95.45	75.1	2402.9
6.	240.25	85.75	80.75	2030.75
7.	<u>261.5</u>	<u>90.6</u>	<u>99.3</u>	<u>2302.</u>
	1931.3	567.3	551.2	14955.75
Aver.	<u>275.9</u>	<u>81.</u>	<u>78.7</u>	<u>2136.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 19. Daughter 1.</u>				
1.	292.45	59.15	52.1	1875.3
2.	154.	39.5	29.4	1038.6
3.	261.75	63.7	53.8	1786.
4.	229.75	58.5	50.2	1604.8
5.	280.5	58.	53.1	1831.9
6.	183.5	68.3	41.7	1382.5
7.	<u>78.</u>	<u>32.3</u>	<u>20.2</u>	<u>623.</u>
	1479.9	379.4	300.5	10142.1
Aver.	<u>211.4</u>	<u>54.2</u>	<u>42.9</u>	<u>1449.</u>

<u>A 19. Daughter 1.</u>				
1.	169.75	50.2	79.7	1597.1
2.	311.75	68.6	86.2	2297.2
3.	337.3	96.9	61.1	2286.7
4.	236.25	73.6	57.6	1757.8
5.	322.55	87.75	72.2	2291.
6.	193.5	68.25	63.05	1614.45
7.	<u>277.5</u>	<u>102.75</u>	<u>105.6</u>	<u>2471.4</u>
	1848.6	548.	525.4	14315.6
Aver.	<u>264.1</u>	<u>78.2</u>	<u>75.</u>	<u>2045.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 19. Daughter 2.</u>				
1.	220.5	50.85	40.3	1448.1
2.	198.45	64.	41.6	1424.2
3.	213.7	49.4	47.1	1476.3
4.	213.575	74.1	47.6	1579.1
5.	268.45	70.7	93.1	2194.5
6.	150.45	60.15	52.1	1311.3
7.	<u>157.9</u>	<u>63.3</u>	<u>83.1</u>	<u>1632.7</u>
	1423.	432.5	404.9	11066.2
Aver.	<u>203.3</u>	<u>61.8</u>	<u>57.8</u>	<u>1580.9</u>

<u>B 19. Daughter 2.</u>				
1.	247.75	47.4	60.6	1726.
2.	288.75	74.9	95.4	2313.2
3.	332.55	99.5	66.3	2324.9
4.	256.25	74.9	59.3	1858.3
5.	332.55	92.05	73.9	2363.5
6.	246.5	88.55	77.75	2039.95
7.	<u>274.5</u>	<u>104.05</u>	<u>107.3</u>	<u>2479.9</u>
	1978.8	580.8	540.5	15103.75
Aver.	<u>282.7</u>	<u>82.9</u>	<u>77.2</u>	<u>2157.7</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 20. Father.</u>				
1.	349.75	137.1	115.15	2983.75
2.	370.3	123.5	128.9	3135.3
3.	389.55	134.	114.1	3121.1
4.	237.3	110.7	107.3	2357.7
5.	191.5	74.4	92.9	1899.7
6.	176.45	81.2	104.85	1974.25
7.	<u>260.75</u>	<u>117.1</u>	<u>123.</u>	<u>2618.4</u>
	1975.6	778.	786.2	18090.2
Aver.	<u>282.2</u>	<u>111.1</u>	<u>112.3</u>	<u>2584.3</u>

<u>B 20. Father.</u>				
1.	345.75	106.4	108.6	2786.
2.	319.75	98.5	101.1	2582.9
3.	351.2	105.8	82.3	2568.7
4.	284.25	96.3	127.	2665.2
5.	275.5	82.8	70.4	2066.8
6.	295.7	90.8	80.1	2266.9
7.	<u>426.05</u>	<u>135.1</u>	<u>150.6</u>	<u>3600.</u>
	2298.2	715.7	720.1	18536.5
Aver.	<u>328.3</u>	<u>102.2</u>	<u>102.9</u>	<u>2648.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 20. Son 1.</u>				
1.	349.75	137.1	115.15	2983.75
2.	370.3	123.5	128.9	3135.3
3.	389.55	134.	114.1	3121.1
4.	237.3	110.7	107.3	2357.7
5.	191.5	74.4	92.9	1899.7
6.	176.45	81.2	104.85	1974.25
7.	<u>260.75</u>	<u>117.1</u>	<u>123.</u>	<u>2618.4</u>
	1975.6	778.	786.2	18090.2
Aver.	<u>282.2</u>	<u>111.1</u>	<u>112.3</u>	<u>2584.3</u>

<u>B 20. Son 1.</u>				
1.	345.75	106.4	108.6	2786.
2.	319.75	98.5	101.1	2582.9
3.	351.2	105.8	82.3	2568.7
4.	284.25	96.3	127.	2665.2
5.	275.5	82.8	70.4	2066.8
6.	295.7	90.8	80.1	2266.9
7.	<u>426.05</u>	<u>135.1</u>	<u>150.6</u>	<u>3600.</u>
	2298.2	715.7	720.1	18536.5
Aver.	<u>328.3</u>	<u>102.2</u>	<u>102.9</u>	<u>2648.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 20. Daughter.</u>				
1.	283.75	101.	80.55	2263.95
2.	296.05	87.	91.5	2355.7
3.	257.3	107.5	90.	2269.2
4.	250.65	102.2	107.25	2378.25
5.	231.	60.4	67.9	1776.7
6.	218.5	64.1	77.	1823.4
7.	<u>281.25</u>	<u>108.1</u>	<u>108.5</u>	<u>2533.9</u>
	1818.5	630.3	622.7	15400.4
Aver.	<u>259.8</u>	<u>90.</u>	<u>89.</u>	<u>2200.</u>

<u>B 20. Daughter.</u>				
1.	313.5	91.9	97.2	2496.4
2.	296.5	94.5	102.9	2490.1
3.	306.7	87.3	66.1	2170.9
4.	288.	87.8	127.3	2648.9
5.	230.	61.8	56.9	1679.3
6.	224.	51.6	73.9	1767.5
7.	<u>426.05</u>	<u>135.1</u>	<u>150.6</u>	<u>3600.</u>
	2084.7	610.	674.9	16853.1
Aver.	<u>297.8</u>	<u>87.1</u>	<u>96.4</u>	<u>2407.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 20. Son 2.</u>				
1.	349.75	137.1	115.15	2983.75
2.	370.3	123.5	128.9	3135.3
3.	389.55	134.	114.1	3121.1
4.	237.3	110.7	107.3	2357.7
5.	191.5	74.4	92.9	1899.7
6.	176.45	81.2	104.85	1974.25
7.	<u>260.75</u>	<u>117.1</u>	<u>123.</u>	<u>2618.4</u>
	1975.6	778.	786.2	18090.2
Aver.	<u>282.2</u>	<u>111.1</u>	<u>112.3</u>	<u>2584.3</u>

<u>B 20. Son 2.</u>				
1.	292.5	91.3	96.9	2407.3
2.	226.25	84.	100.4	2144.6
3.	274.2	81.8	62.1	1982.9
4.	191.25	74.3	99.3	1955.9
5.	190.	57.8	44.7	1393.5
6.	270.	60.	80.2	2041.8
7.	<u>426.05</u>	<u>135.1</u>	<u>150.6</u>	<u>3600.</u>
	1870.2	584.1	634.2	15526.
Aver.	<u>267.2</u>	<u>83.5</u>	<u>90.6</u>	<u>2218.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 21.</u> <u>Father.</u>				
1.	385.25	116.1	69.7	2632.7
2.	369.8	111.7	87.5	2713.5
3.	430.25	136.6	115.3	3305.1
4.	431.05	123.6	149.75	3566.35
5.	415.5	137.1	104.65	3152.25
6.	369.25	110.5	89.5	2724.5
7.	<u>395.8</u>	<u>95.6</u>	<u>126.1</u>	<u>3100.5</u>
	2796.9	831.2	742.5	21194.9
Aver.	<u>399.5</u>	<u>118.7</u>	<u>106.</u>	<u>3027.8</u>

<u>B 21.</u> <u>Father.</u>				
1.	409.5	84.85	90.7	2793.7
2.	535.75	125.3	133.15	3842.55
3.	470.55	127.9	130.1	3564.7
4.	449.25	95.8	113.7	3203.5
5.	364.25	117.	105.4	2873.6
6.	335.5	109.5	78.7	2488.3
7.	<u>284.45</u>	<u>80.25</u>	<u>121.6</u>	<u>2553.2</u>
	2849.2	740.6	773.3	21319.5
Aver.	<u>407.</u>	<u>105.8</u>	<u>110.5</u>	<u>3045.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 21. Mother.</u>				
1.	293.5	85.1	59.4	2049.
2.	271.3	78.7	58.8	1929.2
3.	264.9	82.1	44.95	1792.55
4.	275.85	72.35	84.85	2156.45
5.	258.	103.6	90.5	2260.9
6.	278.25	84.	83.1	2196.9
7.	<u>370.8</u>	<u>76.2</u>	<u>77.</u>	<u>2481.</u>
	2012.6	582.	498.6	14866.
Aver.	<u>287.5</u>	<u>83.1</u>	<u>71.2</u>	<u>2123.7</u>

<u>B 21. Mother.</u>				
1.	286.75	66.85	63.8	1988.6
2.	341.5	83.8	91.8	2527.4
3.	359.3	85.4	82.55	2521.75
4.	291.75	68.55	78.3	2145.9
5.	276.25	92.75	89.9	2285.1
6.	291.25	96.25	65.9	2143.1
7.	<u>320.325</u>	<u>78.95</u>	<u>94.5</u>	<u>2447.6</u>
	2167.1	572.5	566.7	16059.4
Aver.	<u>309.6</u>	<u>81.8</u>	<u>80.9</u>	<u>2294.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 21. Girl (4)</u>				
1.	132.65	31.35	29.15	918.35
2.	153.8	39.6	42.55	1156.95
3.	159.75	61.8	49.35	1330.35
4.	140.4	37.1	40.15	1071.35
5.	168.	73.9	63.25	1536.85.
6.	164.75	58.	41.8	1267.2
7.	<u>160.2</u>	<u>50.25</u>	<u>66.15</u>	<u>1437.15</u>
	1079.5	352.	332.4	8717.8
Aver.	<u>154.2</u>	<u>50.2</u>	<u>47.5</u>	<u>1245.4</u>

<u>B 21. Girl.</u>				
1.	208.5	38.65	49.35	1432.75
2.	189.5	42.9	51.8	1395.8
3.	202.4	48.1	57.15	1516.35
4.	174.	51.4	54.4	1391.2
5.	195.5	50.7	49.8	1433.
6.	215.5	73.75	64.1	1733.9
7.	<u>222.05</u>	<u>52.55</u>	<u>50.7</u>	<u>1553.9</u>
	1407.4	358.	377.3	10457.7
Aver.	<u>201.</u>	<u>51.1</u>	<u>54.</u>	<u>1494.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 22.</u> <u>Daniel.</u>				
1.	113.	74.35	81.9	1486.5
2.	110.	74.35	100.65	1643.25
3.	183.	86.35	83.85	1832.05
4.	183.	86.35	83.85	1832.05
5.	183.	86.35	83.85	1832.05
6.	183.	86.35	83.85	1832.05
7.	<u>183.</u>	<u>86.35</u>	<u>83.85</u>	<u>1832.05</u>
	1138.	580.4	601.8	12290.
Aver.	<u>162.6</u>	<u>82.9</u>	<u>85.9</u>	<u>1755.7</u>

<u>B 22.</u> <u>Daniel.</u>				
1.	166.25	89.25	113.95	2047.55
2.	166.25	89.25	113.95	2047.55
3.	166.25	89.25	113.95	2047.55
4.	166.25	89.25	113.95	2047.55
5.	166.25	89.25	113.95	2047.55
6.	166.25	89.25	113.95	2047.55
7.	<u>166.25</u>	<u>89.25</u>	<u>113.95</u>	<u>2047.55</u>
	1163.75	624.75	797.65	14332.85
Aver.	<u>166.25</u>	<u>89.25</u>	<u>113.95</u>	<u>2047.55</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 22.</u> <u>Anne.</u>				
1.	164.25	58.2	64.45	1469.85
2.	194.25	64.35	75.3	1712.1
3.	176.05	71.5	62.15	1549.55
4.	155.25	46.9	50.15	1259.95
5.	168.75	53.7	62.7	1454.1
6.	201.45	76.4	56.8	1622.6
7.	<u>137.75</u>	<u>46.05</u>	<u>57.6</u>	<u>1253.6</u>
	1197.75	417.1	429.15	10321.75
Aver.	<u>171.1</u>	<u>59.6</u>	<u>61.3</u>	<u>1474.5</u>

<u>B 22.</u> <u>Anne.</u>				
1.	243.8	68.4	92.	2076.8
2.	137.5	43.4	41.95	1101.15
3.	162.	65.1	47.	1331.4
4.	184.8	87.3	50.3	1541.1
5.	116.	46.8	45.	1056.2
6.	170.5	82.65	104.35	1951.75
7.	<u>133.</u>	<u>66.25</u>	<u>45.5</u>	<u>1206.5</u>
	1147.6	459.9	426.1	10264.9
Aver.	<u>164.</u>	65.7	<u>60.9</u>	<u>1466.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 22.</u> <u>James.</u>				
1.	258.5	97.2	104.05	2359.25
2.	276.	111.85	110.7	2547.7
3.	253.05	128.9	105.7	2479.1
4.	280.	122.1	92.9	2444.5
5.	220.	127.2	119.9	2467.9
6.	306.45	115.9	107.7	2658.7
7.	<u>220.</u>	<u>72.8</u>	<u>90.9</u>	<u>1989.3</u>
	1814.	775.9	731.8	16946.4
Aver.	<u>259.1</u>	<u>110.8</u>	<u>104.5</u>	<u>2420.9</u>

<u>B 22.</u> <u>James.</u>				
1.	352.3	115.9	173.4	3433.4
2.	266.	84.3	93.9	2246.3
3.	309.5	115.1	71.	2337.4
4.	264.55	138.8	87.9	2404.5
5.	219.	84.8	87.6	2003.6
6.	249.5	109.9	141.3	2709.3
7.	<u>207.5</u>	<u>132.25</u>	<u>142.6</u>	<u>2642.4</u>
	1868.3	781.	797.7	17776.9
Aver.	<u>267.</u>	<u>113.</u>	<u>113.9</u>	<u>2539.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 22. Elizabeth.</u>				
1.	287.75	72.7	81.05	2171.25
2.	292.75	79.1	83.8	2241.6
3.	246.55	78.9	60.1	1842.7
4.	238.25	60.4	62.	1752.6
5.	232.75	77.2	77.8	1940.
6.	238.95	79.4	73.3	1933.1
7.	<u>234.75</u>	<u>63.3</u>	<u>83.4</u>	<u>1942.8</u>
	1771.7	511.	521.4	13824.
Aver.	<u>253.1</u>	<u>73.</u>	<u>74.5</u>	<u>1975.</u>

<u>B 22. Elizabeth.</u>				
1.	357.3	90.9	117.1	2846.7
2.	267.	69.3	83.45	2096.25
3.	295.5	84.1	61.8	2074.6
4.	304.8	110.8	83.6	2414.8
5.	200.5	64.3	77.8	1759.4
6.	278.5	99.15	113.65	2534.45
7.	<u>224.</u>	<u>84.</u>	<u>101.3</u>	<u>2143.7</u>
	1927.6	602.5	638.7	15868.9
Aver.	<u>275.4</u>	<u>86.1</u>	<u>91.2</u>	<u>2267.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 22. Jeanie.</u>				
1.	306.75	79.7	90.9	2363.9
2.	294.75	62.35	83.9	2183.5
3.	284.55	86.2	69.6	2109.4
4.	250.75	60.9	67.6	1855.
5.	237.	62.7	74.4	1868.4
6.	275.45	86.9	64.9	2033.5
7.	<u>324.75</u>	<u>73.3</u>	<u>57.7</u>	<u>2111.5</u>
	1974.	512.	509.	14525.2
Aver.	<u>282.</u>	<u>73.7</u>	<u>72.7</u>	<u>2075.</u>

<u>B 22. Jeanie.</u>				
1.	385.8	94.4	93.1	2758.7
2.	300.	72.8	64.9	2075.3
3.	298.5	84.1	61.1	2079.3
4.	304.8	93.3	80.1	2313.3
5.	227.	67.3	77.8	1877.4
6.	262.5	99.65	103.95	2384.15
7.	<u>241.</u>	<u>69.25</u>	<u>69.1</u>	<u>1862.9</u>
	2019.6	580.8	550.	15352.
Aver.	<u>288.5</u>	<u>82.9</u>	<u>78.5</u>	<u>2193.</u>

	CHO.	PROT.	FAT.	<u>CALORIES.</u>
<u>A 22.</u> <u>Evelyn.</u>				
1.	167.5	61.2	66.1	1509.7
2.	189.5	66.6	71.8	1670.6
3.	196.05	72.9	59.3	1609.5
4.	161.5	56.4	66.8	1472.8
5.	190.5	80.7	77.8	1785.
6.	223.2	82.4	58.8	1751.6
7.	<u>293.75</u>	<u>66.3</u>	<u>68.6</u>	<u>2057.6</u>
	1422.	486.5	469.2	11856.8
Aver.	<u>203.1</u>	<u>69.5</u>	<u>67.</u>	<u>1693.8</u>

<u>B 22.</u> <u>Evelyn.</u>				
1.	190.	43.5	46.2	1349.8
2.	261.	72.8	67.1	1939.1
3.	231.	74.1	55.1	1716.3
4.	184.5	73.8	50.6	1488.6
5.	165.5	54.8	45.6	1291.6
6.	219.	89.15	104.25	2169.15
7.	<u>179.5</u>	<u>72.75</u>	<u>46.1</u>	<u>1423.9</u>
	1430.5	480.9	414.9	11380.
Aver.	<u>204.3</u>	<u>68.7</u>	<u>59.3</u>	<u>1625.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 23. Mother.</u>				
1.	178.75	55.8	91.8	1764.4
2.	229.025	67.1	72.88	1840.42
3.	205.7	57.6	63.85	1627.85
4.	88.8	36.4	45.5	910.3
5.	163.55	73.9	73.	1606.8
6.	172.3	68.1	29.7	1228.9
7.	<u>229.25</u>	<u>70.</u>	<u>55.8</u>	<u>1699.2</u>
	1267.3	428.9	432.5	10678.3
Aver.	<u>181.</u>	<u>61.2</u>	<u>61.8</u>	<u>1525.5</u>

<u>B 23. Mother.</u>				
1.	258.575	80.6	76.8	2047.9
2.	268.75	73.9	79.6	2087.
3.	172.85	95.95	113.3	2094.9
4.	98.6	67.4	117.6	1722.4
5.	179.25	72.9	75.3	1686.3
6.	239.25	79.6	85.5	2044.9
7.	<u>208.25</u>	<u>64.9</u>	<u>47.3</u>	<u>1518.3</u>
	1425.5	535.2	595.4	13201.7
Aver.	<u>203.6</u>	<u>76.</u>	<u>85.</u>	<u>1885.9</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 23. Daughter.</u>				
1.	256.25	59.3	80.05	1982.65
2.	259.025	67.1	72.88	1960.42
3.	249.95	57.1	63.35	1798.35
4.	120.75	46.7	54.	1155.5
5.	228.55	77.9	72.7	1880.1
6.	164.3	63.1	29.1	1171.5
7.	<u>274.25</u>	<u>70.</u>	<u>62.</u>	<u>1935.</u>
	1553.	441.2	434.	11883.8
Aver.	<u>221.8</u>	<u>63.</u>	<u>62.</u>	<u>1697.7</u>

<u>B 23. Daughter.</u>				
1.	283.575	80.6	76.8	2147.9
2.	309.	77.9	82.1	2286.5
3.	202.85	96.55	120.	2277.6
4.	118.6	67.4	117.6	1802.4
5.	224.25	72.9	75.3	1866.3
6.	264.25	79.6	85.5	2144.9
7.	<u>227.5</u>	<u>64.4</u>	<u>46.8</u>	<u>1588.8</u>
	1630.	539.3	604.1	14114.4
Aver.	<u>232.8</u>	<u>77.</u>	<u>86.3</u>	<u>2016.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 24. Father.</u>				
1.	374.5	82.1	62.3	2387.1
2.	282.825	63.8	44.1	1783.4
3.	348.75	70.5	61.55	2230.95
4.	307.6	87.7	80.2	2307.
5.	332.55	74.2	62.	2185.
6.	337.45	73.1	56.1	2147.1
7.	<u>241.</u>	<u>88.8</u>	<u>59.4</u>	<u>1853.8</u>
	2224.6	540.2	425.6	14890.35
Aver.	<u>317.8</u>	<u>77.1</u>	<u>60.8</u>	<u>2127.2</u>

<u>B 24. Father.</u>				
1.	308.95	88.6	69.3	2213.9
2.	277.8	72.3	101.1	2310.3
3.	246.25	74.3	60.6	1827.6
4.	341.	72.8	39.9	2014.3
5.	348.8	112.75	67.4	2452.8
6.	356.75	76.6	55.4	2232.
7.	<u>265.75</u>	<u>92.8</u>	<u>67.1</u>	<u>2038.1</u>
	2145.3	590.1	460.8	15089.
Aver.	<u>306.5</u>	<u>84.3</u>	<u>65.8</u>	<u>2155.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 24.</u> <u>Mother.</u>				
1.	330.25	80.9	61.1	2194.5
2.	272.825	61.3	43.1	1724.4
3.	324.75	66.	54.3	2051.7
4.	307.6	88.7	80.2	2307.
5.	282.55	67.7	60.8	1948.2
6.	295.95	61.6	41.8	1806.4
7.	<u>231.</u>	<u>86.3</u>	<u>58.4</u>	<u>1794.8</u>
	2044.9	512.5	399.7	13827.
Aver.	<u>292.1</u>	<u>73.2</u>	<u>57.1</u>	<u>1975.3</u>

<u>B 24.</u> <u>Mother.</u>				
1.	297.2	73.1	56.8	1992.4
2.	245.45	57.8	73.6	1875.4
3.	214.5	68.8	54.1	1620.1
4.	309.25	67.3	39.6	1862.6
5.	321.55	113.25	74.4	2408.8
6.	296.	66.6	48.9	1890.5
7.	<u>258.</u>	<u>91.8</u>	<u>62.1</u>	<u>1958.1</u>
	1941.9	538.6	409.5	13607.9
Aver.	<u>277.4</u>	<u>76.9</u>	<u>58.5</u>	<u>1944.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 24. James.</u>				
1.	374.5	82.1	62.3	2387.1
2.	282.825	63.8	44.1	1783.4
3.	348.75	70.5	61.55	2230.95
4.	307.6	88.7	80.2	2307.
5.	332.55	74.2	62.	2185.
6.	337.45	73.1	56.1	2147.1
7.	<u>241.</u>	<u>88.8</u>	<u>59.4</u>	<u>1853.8</u>
	2224.6	541.2	425.6	14894.35
Aver.	<u>317.8</u>	<u>77.3</u>	<u>60.8</u>	<u>2127.7</u>

<u>B 24. James.</u>				
1.	267.7	96.1	75	2130.2
2.	238.2	75.3	97.9	2135.1
3.	246.25	74.3	60.6	1827.6
4.	231.	75.8	62.9	1793.3
5.	272.05	97.25	59.9	2016.3
6.	184.	70.1	58.2	1540.2
7.	<u>207.</u>	<u>73.3</u>	<u>53.6</u>	<u>1603.6</u>
	1646.2	562.1	468.1	13046.3
Aver.	<u>235.2</u>	<u>80.3</u>	<u>66.9</u>	<u>1864.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 24.</u> <u>Sarah.</u>				
1.	282.25	76.6	53.4	1916.
2.	241.325	58.3	42.	1576.5
3.	273.25	61.	46.8	1758.2
4.	268.2	71.2	63.05	1925.05
5.	229.25	55.8	41.5	1513.7
6.	278.25	62.8	50.	1814.2
7.	<u>225.25</u>	<u>63.8</u>	<u>47.9</u>	<u>1587.3</u>
	1797.7	449.5	344.6	12090.9
Aver.	<u>256.8</u>	<u>64.2</u>	<u>49.2</u>	<u>1727.3</u>

<u>B 24.</u> <u>Sarah.</u>				
1.	223.55	57.7	51.8	1591.2
2.	341.05	67.2	73.6	2295.4
3.	248.	58.1	42.8	1609.6
4.	269.25	52.8	33.1	1586.1
5.	308.05	95.5	57.9	2135.3
6.	290.25	68.6	38.3	1780.1
7.	<u>244.5</u>	<u>57.1</u>	<u>38.8</u>	<u>1555.6</u>
	1924.6	457.	336.3	12553.3
Aver.	<u>275.</u>	<u>65.3</u>	<u>48.</u>	<u>1793.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 24. Andrew.</u>				
1.	335.25	85.6	60.7	2229.7
2.	261.325	60.3	42.1	1665.4
3.	287.5	62.5	46.4	1817.6
4.	268.2	71.2	63.05	1925.05
5.	265.3	66.2	53.	1803.
6.	343.2	76.1	54.5	2167.7
7.	<u>225.25</u>	<u>63.8</u>	<u>47.9</u>	<u>1587.3</u>
	1986.	485.7	367.6	13197.75
Aver.	<u>283.7</u>	<u>69.4</u>	<u>52.5</u>	<u>1885.4</u>

<u>B 24. Andrew.</u>				
1.	212.95	65.6	57.8	1634.4
2.	271.45	62.8	73.4	1997.6
3.	246.25	74.3	60.6	1827.6
4.	341.	72.8	39.9	2014.3
5.	330.8	106.75	61.4	2302.8
6.	324.25	56.1	35.1	1837.3
7.	<u>254.25</u>	<u>81.8</u>	<u>52.3</u>	<u>1814.9</u>
	1980.9	520.1	380.5	13428.9
Aver.	<u>283.</u>	<u>74.3</u>	<u>54.3</u>	<u>1918.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 24.</u> <u>Albert.</u>				
1.	248.75	61.8.	51.	1701.2
2.	213.575	51.5	45.1	1466.2
3.	269.75	62.	48.1	1759.9
4.	249.55	62.25	43.85	1641.85
5.	214.4	52.45	48.3	1502.1
6.	280.2	60.8	48.6	1801.4
7.	<u>195.25</u>	<u>61.5</u>	<u>42.7</u>	<u>1411.3</u>
	1671.4	412.3	327.6	11283.9
Aver.	<u>238.8</u>	<u>58.9</u>	<u>46.8</u>	<u>1611.9</u>

<u>B 24.</u> <u>Albert.</u>				
1.	267.95	68.8	62.2	1906.8
2.	212.45	53.5	71.3	1705.5
3.	211.25	69.5	59.6	1659.4
4.	306.	68.	45.1	1901.9
5.	348.8	101.75	46.4	2219.8
6.	289.25	51.3	34.1	1669.1
7.	<u>219.25</u>	<u>77.</u>	<u>51.3</u>	<u>1646.7</u>
	1854.9	489.8	370.	12709.2
Aver.	<u>265.</u>	<u>69.9</u>	<u>52.8</u>	<u>1815.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 24. Betty.</u>				
1.	276.5	68.6	47.9	1811.5
2.	241.325	58.3	42.	1576.5
3.	267.5	60.5	46.3	1728.7
4.	247.3	60.75	42.05	1610.65
5.	244.4	53.25	42.	1568.6
6.	310.2	69.1	47.3	1942.9
7.	<u>172.25</u>	<u>54.8</u>	<u>40.7</u>	<u>1274.5</u>
	1759.4	425.3	308.2	11513.3
Aver.	<u>251.3</u>	<u>60.7</u>	<u>44.</u>	<u>1644.7</u>

<u>B 24. Betty.</u>				
1.	241.45	46.7	42.3	1533.3
2.	209.95	50.9	68.7	1661.7
3.	184.75	52.4	43.7	1341.9
4.	332.5	69.9	36.2	1935.4
5.	282.9	83.25	60.35	2007.75
6.	286.75	50.7	31.6	1634.2
7.	<u>216.75</u>	<u>66.9</u>	<u>42.7</u>	<u>1518.9</u>
	1755.	420.7	325.5	11633.15
Aver.	<u>250.7</u>	<u>60.1</u>	<u>46.5</u>	<u>1662.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 24. Adam.</u>				
1.	208.75	46.45	57.1	1534.7
2.	166.9	35.65	27.25	1055.45
3.	176.75	37.	24.	1071.
4.	186.3	49.75	32.55	1237.15
5.	223.4	46.75	52.4	1552.2
6.	226.7	52.95	34.75	1431.35
7.	<u>125.25</u>	<u>44.15</u>	<u>34.9</u>	<u>991.7</u>
	1314.	312.7	262.9	8873.5
Aver.	<u>187.7</u>	<u>44.7</u>	<u>37.5</u>	<u>1267.6</u>

<u>B 24. Adam.</u>				
1.	128.2	37.3	30.7	938.3
2.	150.6	32.4	40.	1092.
3.	108.5	43.5	38.5	954.5
4.	126.5	42.5	22.3	876.7
5.	224.15	68.75	43.8	1565.8
6.	200.5	37.4	24.4	1171.2
7.	<u>140.5</u>	<u>58.</u>	<u>37.5</u>	<u>1131.3</u>
	1078.9	319.8	237.2	7730.
Aver.	<u>154.1</u>	<u>45.7</u>	<u>33.9</u>	<u>1104.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 24. Jean.</u>				
1.	208.75	46.45	57.1	1534.7
2.	166.9	35.65	27.25	1055.45
3.	176.75	37.	24.	1071.
4.	165.4	44.3	26.55	1077.75
5.	163.4	32.75	27.4	1031.2
6.	173.7	43.95	33.75	1174.35
7.	<u>125.25</u>	<u>44.15</u>	<u>34.9</u>	<u>991.7</u>
	1180.15	284.25	230.95	7936.15
Aver.	<u>168.5</u>	<u>40.6</u>	<u>32.9</u>	<u>1133.7</u>

<u>B 24. Jean.</u>				
1.	226.85	41.3	39.5	1428.1
2.	194.1	44.	52.	1420.4
3.	126.	35.4	31.	924.6
4.	144.	41.9	19.8	921.8
5.	138.9	51.9	30.8	1040.4
6.	218.	37.3	21.9	1218.3
7.	<u>193.75</u>	<u>41.4</u>	<u>32.6</u>	<u>1234.</u>
	1241.6	293.2	227.6	8187.6
Aver.	<u>177.4</u>	<u>41.9</u>	<u>32.5</u>	<u>1169.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 25. Captain B.</u>				
1.	183.25	67.4	74.9	1676.7
2.	155.75	57.5	74.9	1527.1
3.	141.75	57.8	61.1	1348.1
4.	196.75	66.9	69.2	1677.4
5.	162.25	71.9	80.9	1664.7
6.	206.25	67.8	56.9	1608.3
7.	<u>232.25</u>	<u>92.3</u>	<u>79.1</u>	<u>2010.1</u>
	1278.2	481.6	497.	11512.4
Aver.	<u>182.6</u>	<u>68.8</u>	<u>71.</u>	<u>1644.6</u>

<u>B 25. Captain B.</u>				
1.	504.7	114.8	138.65	3725.85
2.	454.5	131.6	85.2	3111.2
3.	372.	124.75	120.75	3073.75
4.	454.3	124.9	166.6	3816.2
5.	450.2	111.3	106.2	3201.8
6.	393.2	86.8	127.95	3071.55
7.	<u>387.</u>	<u>115.</u>	<u>102.7</u>	<u>2932.3</u>
	3015.9	809.1	848.	22932.6
Aver.	<u>430.8</u>	<u>115.6</u>	<u>121.1</u>	<u>3276.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 25. Mrs. B.</u>				
1.	163.5	25.	39.2	1106.8
2.	131.25	42.5	67.9	1306.1
3.	213.25	47.5	62.5	1605.5
4.	236.3	80.6	55.3	1765.3
5.	175.5	38.	60.5	1398.5
6.	174.5	48.75	63.5	1464.5
7.	<u>95.75</u>	<u>39.25</u>	<u>31.3</u>	<u>821.7</u>
	1190.	321.6	380.2	9468.4
Aver.	<u>170.</u>	<u>45.9</u>	<u>54.3</u>	<u>1352.6</u>

<u>B 25. Mrs. B.</u>				
1.	504.7	114.8	138.65	3725.85
2.	454.5	131.6	85.2	3111.2
3.	372.	124.75	120.75	3073.75
4.	454.3	124.9	166.6	3816.2
5.	450.2	111.3	106.2	3201.8
6.	393.2	86.8	127.95	3071.55
7.	<u>387.</u>	<u>115.</u>	<u>102.7</u>	<u>2932.3</u>
	3015.9	809.1	848.	22932.6
Aver.	<u>430.8</u>	<u>115.6</u>	<u>121.1</u>	<u>3276.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 25. Audrey.</u>				
1.	101.75	41.5	32.8	868.2
2.	149.5	58.5	73.5	1493.5
3.	163.05	61.4	78.1	1600.7
4.	160.5	56.25	69.	1488.
5.	148.25	60.3	76.9	1526.3
6.	197.25	77.25	60.5	1642.5
7.	<u>210.25</u>	<u>72.1</u>	<u>50.</u>	<u>1579.4</u>
	1130.5	427.3	440.8	10198.6
Aver.	<u>161.5</u>	<u>61.</u>	<u>62.9</u>	<u>1457.</u>

<u>B 25. Daughter.</u>				
1.	226.1	61.4	65.8	1742.2
2.	210.35	56.8	48.05	1501.05
3.	166.	50.3	45.8	1277.4
4.	168.5	58.05	63.8	1480.4
5.	225.6	52.6	59.8	1651.
6.	182.5	45.4	39.8	1269.8
7.	<u>149.</u>	<u>59.4</u>	<u>56.8</u>	<u>1344.</u>
	1328.	383.9	379.8	10266.6
Aver.	<u>189.7</u>	<u>54.8</u>	<u>54.2</u>	<u>1466.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 26. Father.</u>				
1.	347.3	84.5	82.4	2468.8
2.	270.25	76.	67.3	1990.7
3.	365.5	95.9	66.8	2446.8
4.	358.15	118.8	147.4	3234.4
5.	306.25	73.8	55.7	2021.5
6.	252.25	71.1	64.35	1872.55
7.	<u>361.25</u>	<u>104.2</u>	<u>91.1</u>	<u>2681.7</u>
	2260.95	624.3	575.	16716.4
Aver.	<u>322.9</u>	<u>89.2</u>	<u>82.1</u>	<u>2388.</u>

<u>B 26. Father.</u>				
1.	416.95	101.7	122.3	3175.3
2.	274.75	69.	51.2	1835.8
3.	353.75	87.9	76.3	2453.3
4.	347.5	121.85	118.85	2946.05
5.	370.5	105.8	95.6	2765.6
6.	388.75	91.3	74.3	2588.9
7.	<u>315.25</u>	<u>91.5</u>	<u>72.7</u>	<u>2281.3</u>
	2467.4	669.	611.2	18047.2
Aver.	<u>352.5</u>	<u>95.5</u>	<u>87.3</u>	<u>2578.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 26. Mother.</u>				
1.	388.	84.2	57.1	2402.7
2.	314.25	69.2	67.35	2139.95
3.	264.75	75.6	70.3	1994.1
4.	353.45	75.5	80.3	2438.5
5.	289.25	66.5	49.2	1865.8
6.	201.25	65.6	55.1	1563.3
7.	<u>269.75</u>	<u>69.6</u>	<u>82.4</u>	<u>2099.</u>
	2080.7	506.2	461.7	14503.3
Aver.	<u>297.2</u>	<u>72.3</u>	<u>66.</u>	<u>2071.9</u>

<u>B 26. Mother.</u>				
1.	323.2	87.2	108.4	2617.2
2.	273.25	72.1	58.9	1911.5
3.	321.25	68.1	57.5	2074.9
4.	284.25	101.35	124.15	2659.75
5.	338.25	82.3	61.9	2239.3
6.	283.25	74.5	57.85	1951.65
7.	<u>318.</u>	<u>94.5</u>	<u>75.2</u>	<u>2326.8</u>
	2141.4	580.	543.9	15781.1
Aver.	<u>305.9</u>	<u>82.8</u>	<u>77.7</u>	<u>2254.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 26.</u> <u>William.</u>				
1.	455.55	121.7	110.4	3294.6
2.	533.5	106.6	104.8	3503.6
3.	591.5	133.	67.6	3506.4
4.	543.7	113.1	103.2	3556.
5.	503.25	103.3	72.8	3081.4
6.	455.	102.1	86.2	3004.2
7.	<u>502.5</u>	<u>116.4</u>	<u>103.7</u>	<u>3408.9</u>
	3585.	796.2	648.7	23363.1
Aver.	<u>512.1</u>	<u>113.7</u>	<u>92.7</u>	<u>3337.5</u>

<u>B 26.</u> <u>William.</u>				
1.	449.4	121.7	124.6	3405.8
2.	354.5	86.5	61.5	2317.5
3.	365.7	69.4	53.1	2218.3
4.	454.75	112.1	113.9	3292.5
5.	403.25	104.3	78.35	2735.35
6.	445.75	97.8	69.8	2802.4
7.	<u>384.5</u>	<u>107.8</u>	<u>79.3</u>	<u>2682.9</u>
	2857.8	699.6	580.5	19454.75
Aver.	<u>408.2</u>	<u>99.9</u>	<u>82.9</u>	<u>2779.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 26. Nancy.</u>				
1.	397.8	96.6	74.6	2649.
2.	424.4	92.05	96.2	2931.6
3.	425.5	99.3	62.4	2660.8
4.	510.2	103.1	88.4	3248.8
5.	464.	101.8	77.8	2963.4
6.	358.25	76.5	68.35	2354.15
7.	<u>289.75</u>	<u>79.4</u>	<u>76.4</u>	<u>2164.2</u>
	2869.9	648.7	544.1	18971.9
Aver.	<u>409.9</u>	<u>92.7</u>	<u>77.7</u>	<u>2710.2</u>

<u>B 26. Nancy.</u>				
1.	276.8	82.8	82.3	2179.1
2.	291.	70.4	59.6	1982.
3.	262.7	62.2	55.3	1797.3
4.	320.75	96.9	89.9	2479.7
5.	357.5	87.7	70.4	2414.4
6.	334.25	73.7	59.1	2163.7
7.	<u>285.</u>	<u>88.9</u>	<u>73.4</u>	<u>2156.2</u>
	2128.	562.6	490.	15172.4
Aver.	<u>304.</u>	<u>80.4</u>	<u>70.</u>	<u>2167.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 26.</u> <u>James.</u>				
1.	200.3	60.3	49.4	1487.
2.	159.9	48.4	58.45	1359.25
3.	158.2	58.	38.85	1214.45
4.	190.	60.65	74.75	1675.35
5.	174.9	58.3	52.8	1408.
6.	178.	57.	56.8	1451.2
7.	<u>172.</u>	<u>43.55</u>	<u>42.5</u>	<u>1244.7</u>
	1233.3	386.2	373.5	9839.9
Aver.	<u>176.1</u>	<u>55.2</u>	<u>53.3</u>	<u>1405.7</u>

<u>B 26.</u> <u>James.</u>				
1.	144.3	69.9	74.5	1527.3
2.	261.5	70.5	62.6	1891.4
3.	189.2	51.6	54.8	1456.4
4.	234.5	65.8	62.15	1760.55
5.	225.	74.8	59.5	1734.7
6.	178.25	49.55	39.3	1264.9
7.	<u>185.25</u>	<u>72.9</u>	<u>62.5</u>	<u>1595.1</u>
	1418.	455.	415.3	11230.35
Aver.	<u>202.5</u>	<u>65.</u>	<u>59.3</u>	<u>1604.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 27. Father.</u>				
1.	249.75	66.1	117.2	2318.2
2.	225.95	88.1	76.2	1942.
3.	185.5	108.8	169.4	2701.8
4.	275.	159.9	133.4	2940.2
5.	397.3	119.9	59.9	2607.9
6.	303.5	96.9	149.6	2948.
7.	<u>142.2</u>	<u>38.8</u>	<u>81.7</u>	<u>1459.3</u>
	1779.2	678.5	787.4	16917.4
Aver.	<u>254.1</u>	<u>96.9</u>	<u>112.5</u>	<u>2417.</u>

<u>B 27. Father.</u>				
1.	324.6	109.9	135.4	2956.6
2.	472.85	176.55	212.8	4512.8
3.	321.75	120.8	84.1	2527.1
4.	174.	77.3	52.	1473.2
5.	221.	83.5	61.4	1770.6
6.	226.	92.3	44.6	1674.6
7.	<u>301.5</u>	<u>76.</u>	<u>69.4</u>	<u>2134.6</u>
	2041.7	736.3	659.7	17049.5
Aver.	<u>291.7</u>	<u>105.2</u>	<u>94.2</u>	<u>2435.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 27. Mother.</u>				
1.	202.7	79.8	104.25	2068.25
2.	310.8	70.9	63.3	2096.5
3.	288.95	57.1	116.	2428.2
4.	347.75	60.3	87.9	2423.3
5.	290.7	55.3	50.3	1836.7
6.	163.75	46.	67.8	1449.2
7.	<u>142.2</u>	<u>38.8</u>	<u>81.7</u>	<u>1459.3</u>
	1746.85	408.2	571.25	13761.45
Aver.	<u>249.5</u>	<u>58.3</u>	<u>81.6</u>	<u>1965.9</u>

<u>B 27. Mother.</u>				
1.	326.4	73.7	87.	2383.4
2.	281.5	66.55	60.3	1934.9
3.	303.9	57.2	50.9	1902.5
4.	217.65	45.7	50.8	1510.6
5.	123.5	43.3	58.95	1197.75
6.	169.	56.6	37.1	1236.3
7.	<u>224.9</u>	<u>45.4</u>	<u>33.3</u>	<u>1380.9</u>
	1646.8	388.4	378.3	11546.35
Aver.	<u>235.2</u>	<u>55.5</u>	<u>54.</u>	<u>1649.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
A 27. <u>James.</u>				
1.	224.55	73.65	87.1	1976.7
2.	160.9	47.1	46.2	1247.8
3.	159.75	68.5	124.2	2030.8
4.	309.6	109.35	102.15	2595.15
5.	201.1	72.4	63.85	1668.65
6.	204.15	48.6	65.95	1604.55
7.	<u>236.45</u>	<u>98.2</u>	<u>110.3</u>	<u>2331.3</u>
	1496.5	517.8	599.1	13454.9
Aver.	<u>213.8</u>	<u>73.9</u>	<u>85.6</u>	1922.1

B 26 <u>James.</u>				
1.	180.8	54.05	70.9	1577.5
2.	196.2	74.75	69.55	1709.75
3.	219.7	50.05	56.2	1584.8
4.	202.2	60.45	54.05	1537.05
5.	191.35	56.3	110.7	1986.9
6.	136.45	43.4	37.5	1056.9
7.	<u>214.9</u>	<u>67.6</u>	<u>60.8</u>	<u>1677.2</u>
	1341.6	406.6	459.7	11130.1
Aver.	<u>191.6</u>	<u>58.1</u>	<u>65.7</u>	<u>1590.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 27. Harold.</u>				
1.	127.7	35.9	56.85	1166.05
2.	111.4	34.05	36.4	909.4
3.	134.85	40.95	54.4	1192.8
4.	211.35	62.95	66.15	1692.55
5.	129.35	43.6	34.8	1005.
6.	122.7	29.65	40.8	976.6
7.	<u>110.5</u>	<u>52.3</u>	<u>34.1</u>	<u>958.1</u>
	947.8	299.4	323.5	7900.5
Aver.	<u>135.4</u>	<u>42.8</u>	<u>46.2</u>	<u>1128.6</u>

<u>B 27. Harold.</u>				
1.	156.4	45.5	48.6	1245.
2.	179.	44.575	54.45	1384.35
3.	192.7	44.6	59.85	1487.85
4.	171.2	54.05	48.3	1335.7
5.	152.35	44.5	53.	1264.4
6.	85.75	31.05	35.9	790.3
7.	<u>115.9</u>	<u>46.8</u>	<u>34.6</u>	<u>962.2</u>
	1053.3	311.	334.7	8469.8
Aver.	<u>150.5</u>	<u>44.4</u>	<u>47.8</u>	<u>1209.9</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 28. Father.</u>				
1.	510.2	98.	66.8	3034.
2.	312.8	68.4	38.3	1869.5
3.	564.4	103.15	52.9	3146.3
4.	513.7	168.3	95.7	3589.3
5.	556.05	106.6	126.05	3785.05
6.	495.5	99.1	74.75	3051.15
7.	<u>658.25</u>	<u>141.5</u>	<u>166.25</u>	<u>4695.25</u>
	3610.9	785.	620.7	23170.5
Aver.	<u>515.8</u>	<u>112.1</u>	<u>88.7</u>	<u>3310.</u>

<u>B 28. Father.</u>				
1.	451.15	126.4	158.5	3736.7
2.	471.25	110.4	60.4	2870.2
3.	458.7	139.1	77.85	3091.85
4.	388.25	115.5	109.7	3002.3
5.	626.5	109.1	62.5	3504.9
6.	659.5	125.	109.5	4123.5
7.	<u>451.15</u>	<u>126.4</u>	<u>158.5</u>	<u>3736.5</u>
	3506.5	851.9	736.9	24066.15
Aver.	<u>500.9</u>	<u>121.7</u>	<u>105.3</u>	<u>3438.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 28. Mother.</u>				
1.	562.5	89.5	39.6	2964.4
2.	269.8	52.575	36.1	1614.4
3.	330.65	64.7	52.6	2054.8
4.	442.5	110.7	59.7	2750.1
5.	437.8	85.6	99.3	2987.3
6.	305.25	64.95	51.5	1944.3
7.	<u>434.75</u>	<u>94.5</u>	<u>106.2</u>	<u>3072.8</u>
	2783.2	562.5	445.	17388.1
Aver.	<u>397.6</u>	<u>80.3</u>	<u>63.5</u>	<u>2484.</u>

<u>B 28. Mother.</u>				
1.	339.15	75.3	82.1	2396.7
2.	376.	87.3	45.8	2265.4
3.	457.5	133.	66.45	2960.05
4.	325.15	94.95	91.3	2502.1
5.	389.75	74.	65.	2440.
6.	407.5	79.	68.45	2562.05
7.	<u>339.15</u>	<u>75.3</u>	<u>82.1</u>	<u>2396.7</u>
	2634.2	618.8	501.2	17523.
Aver.	<u>376.3</u>	<u>88.4</u>	<u>71.6</u>	<u>2503.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 28.</u> <u>Son.</u>				
1.	369.	71.	53.5	2241.5
2.	341.3	79.075	65.2	2268.3
3.	374.9	79.2	59.6	2352.8
4.	459.45	140.45	87.5	3187.1
5.	417.55	75.6	98.55	2859.55
6.	205.25	58.3	40.2	1416.
7.	<u>453.5</u>	<u>105.</u>	<u>123.05</u>	<u>3341.45</u>
	2620.9	608.6	527.6	17666.7
Aver.	<u>374.4</u>	<u>87.</u>	<u>75.4</u>	<u>2523.8</u>

<u>B 28.</u> <u>Son.</u>				
1.	482.8	116.	138.5	3641.7
2.	393.25	100.8	58.4	2501.8
3.	442.7	110.5	48.35	2647.95
4.	223.5	57.1	36.9	1454.5
5.	325.25	64.	55.75	2058.75
6.	468.95	83.	84.8	2971.
7.	<u>482.8</u>	<u>116.</u>	<u>138.5</u>	<u>3641.7</u>
	2819.2	647.4	561.2	18917.4
Aver.	<u>402.7</u>	<u>92.5</u>	<u>80.2</u>	<u>2702.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 28. Daughter.</u>				
1.	295.5	68.25	61.3	2006.7
2.	406.5	95.1	127.4	3153.4
3.	290.15	69.1	72.9	2093.1
4.	237.7	105.6	55.	1868.2
5.	308.65	63.95	81.3	2222.1
6.	170.1	37.35	28.4	1085.
7.	<u>283.</u>	<u>70.</u>	<u>72.2</u>	<u>2061.8</u>
	1991.6	509.35	498.5	14490.3
Aver.	<u>284.5</u>	<u>72.7</u>	<u>71.2</u>	<u>2070.</u>

<u>B 28. Daughter.</u>				
1.	263.75	54.4	50.25	1724.85
2.	207.9	51.15	42.85	1421.85
3.	232.575	47.8	30.8	1398.7
4.	128.1	50.35	50.85	1171.45
5.	392.5	73.1	64.5	2442.9
6.	351.45	64.	56.8	2173.
7.	<u>263.75</u>	<u>54.4</u>	<u>50.25</u>	<u>1724.85</u>
	1840.	395.2	346.3	12057.6
Aver.	<u>262.8</u>	<u>56.4</u>	<u>49.5</u>	<u>1722.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 29. Husband.</u>				
1.	164.	57.5	37.8	1226.2
2.	222.8	73.8	93.65	2029.25
3.	166.	46.	45.15	1254.35
4.	265.5	71.5	83.35	2098.15
5.	177.375	53.6	49.6	1370.3
6.	162.5	52.8	54.85	1354.85
7.	<u>221.05</u>	<u>67.5</u>	<u>36.65</u>	<u>1484.05</u>
	1379.2	422.7	401.	10817.15
Aver.	<u>197.</u>	<u>60.4</u>	<u>57.2</u>	<u>1545.3</u>

<u>B 29. Husband.</u>				
1.	373.3	100.5	83.1	2643.1
2.	380.75	97.35	68.9	2530.7
3.	443.8	134.75	123.2	3423.
4.	436.8	118.1	92.7	3053.9
5.	412.5	109.1	111.2	3087.2
6.	369.	113.9	112.2	2941.4
7.	<u>379.</u>	<u>86.65</u>	<u>85.5</u>	<u>2632.1</u>
	2795.1	760.3	676.8	20313.2
Aver.	<u>399.3</u>	<u>108.6</u>	<u>96.7</u>	<u>2902.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 29. Wife.</u>				
1.	292.5	91.45	111.1	2535.7
2.	332.45	91.2	126.15	2829.95
3.	245.65	72.55	73.7	1936.1
4.	328.5	111.	111.5	2761.5
5.	296.3	96.7	95.2	2428.8
6.	337.35	82.9	71.	2320.
7.	<u>233.55</u>	<u>77.5</u>	<u>58.</u>	<u>1766.2</u>
	2066.3	623.3	646.6	16578.2
Aver.	<u>295.2</u>	<u>89.</u>	<u>92.4</u>	<u>2368.3</u>

<u>B 29. Wife.</u>				
1.	352.25	86.8	87.2	2541.
2.	214.75	51.3	46.1	1477.1
3.	235.5	62.8	54.9	1687.3
4.	135.325	42.55	32.9	1007.6
5.	187.	63.8	40.1	1364.1
6.	190.5	64.55	46.5	1438.7
7.	<u>183.</u>	<u>48.75</u>	<u>59.25</u>	<u>1460.25</u>
	1498.3	420.5	366.9	10978.
Aver.	<u>214.</u>	<u>60.</u>	<u>52.4</u>	<u>1567.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 29. Brother.</u>				
1.	316.5	75.4	76.15	2252.95
2.	348.95	129.45	176.95	3506.15
3.	256.5	72.7	62.95	1883.35
4.	344.2	76.	83.	2427.8
5.	259.375	73.5	65.75	1923.25
6.	288.5	136.	79.7	2415.3
7.	<u>348.3</u>	<u>101.5</u>	<u>68.2</u>	<u>2413.</u>
	2162.3	664.5	612.7	16821.8
Aver.	<u>309.</u>	<u>95.</u>	<u>87.5</u>	<u>2403.1</u>

B 29. Brother.

1.	105.5	30.1	28.7	800.7
2.	113.05	39.4	26.35	846.95
3.	100.	17.55	37.15	804.55
4.	79.	17.8	24.2	605.
5.	174.5	44.3	30.8	1152.4
6.	131.5	27.15	38.2	978.4
7.	<u>137.5</u>	<u>29.35</u>	<u>36.9</u>	<u>999.5</u>
	841.	205.6	222.3	6187.5
Aver.	<u>120.1</u>	<u>29.4</u>	<u>31.7</u>	<u>884.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 30. Father.</u>				
1.	412.5	123.7	141.2	3415.6
2.	380.5	94.4	86.1	2674.5
3.	466.2	145.6	80.9	3175.3
4.	360.55	159.6	84.6	2842.
5.	393.75	139.9	151.25	3495.85
6.	284.3	91.3	59.4	2037.
7.	379.5	84.8	113.75	2880.95
	<hr/>	<hr/>	<hr/>	<hr/>
	2677.3	839.3	717.2	20521.2
Aver.	<u>382.5</u>	<u>119.9</u>	<u>102.4</u>	<u>2931.6</u>

<u>B 30. Father.</u>				
1.	470.75	140.1	113.5	3464.9
2.	415.	104.8	71.7	2724.5
3.	372.	122.9	139.4	3234.2
4.	240.75	109.1	61.8	1955.6
5.	441.	147.15	117.15	3406.95
6.	323.25	130.6	78.7	2523.7
7.	<u>299.15</u>	<u>92.1</u>	<u>104.7</u>	<u>2507.3</u>
	2561.9	846.7	686.9	19817.15
Aver.	<u>366.</u>	<u>121.</u>	<u>98.1</u>	<u>2831.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 30. Mother.</u>				
1.	349.75	92.15	118.7	2835.9
2.	263.	75.1	84.7	2114.7
3.	216.85	71.	37.3	1487.1
4.	293.55	103.1	68.2	2200.4
5.	234.	94.25	100.4	2216.6
6.	172.05	59.3	49.	1366.4
7.	266.25	71.8	106.5	2310.7
	<hr/>	<hr/>	<hr/>	<hr/>
	1795.4	566.7	564.8	14531.8
Aver.	<u>256.5</u>	<u>80.9</u>	<u>80.7</u>	<u>2075.9</u>

B 30. Mother

1.	366.75	108.	85.9	2672.1
2.	392.	102.3	67.3	2582.9
3.	323.	90.9	73.7	2318.9
4.	185.75	76.	48.2	1480.8
5.	295.	93.25	75.35	2231.15
6.	297.5	103.2	67.9	2213.9
7.	243.15	71.5	83.7	2011.9
	<hr/>	<hr/>	<hr/>	<hr/>
	2103.1	645.1	502.	15511.6
Aver.	<u>300.4</u>	<u>92.1</u>	<u>71.7</u>	<u>2216.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 30. Daughter.</u>				
1.	220.75	67.5	84.1	1909.9
2.	212.	53.1	64.6	1641.8
3.	409.1	109.3	88.5	2870.1
4.	275.05	86.1	54.9	1938.7
5.	273.5	83.5	88.2	2221.8
6.	184.3	57.3	54.7	1458.7
7.	<u>307.75</u>	<u>69.2</u>	<u>88.5</u>	<u>2304.3</u>
	1882.4	526.	523.5	14345.3
Aver.	<u>269.</u>	<u>75.1</u>	<u>74.8</u>	<u>2049.3</u>

<u>B 30. Daughter.</u>				
1.	246.75	89.5	70.3	1977.7
2.	276.75	91.9	67.2	2079.4
3.	279.75	85.2	76.4	2147.4
4.	156.75	66.4	53.	1369.
5.	253.75	79.8	59.65	1871.05
6.	243.75	77.	52.7	1757.3
7.	<u>198.65</u>	<u>67.9</u>	<u>52.2</u>	<u>1536.</u>
	1656.1	557.7	431.4	12738.4
Aver.	<u>236.6</u>	<u>79.7</u>	<u>61.6</u>	<u>1819.8</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 31. Father.</u>				
1.	492.	148.8	134.2	3771.
2.	473.2	154.4	142.6	3793.8
3.	470.2	156.8	164.25	3986.25
4.	463.8	147.1	130.2	3615.4
5.	546.9	138.1	146.1	4054.9
6.	292.7	132.05	115.	2734.
7.	<u>375.5</u>	<u>173.</u>	<u>131.3</u>	<u>3375.7</u>
	3114.3	1050.2	963.6	25331.
Aver.	<u>444.9</u>	<u>150.</u>	<u>137.6</u>	<u>3618.7</u>

<u>B 31. Father.</u>				
1.	553.5	112.	147.3	3987.7
2.	384.75	119.2	128.	3167.8
3.	523.	166.	132.6	3949.4
4.	571.65	178.	190.4	4712.2
5.	607.05	177.4	117.7	4197.1
6.	434.25	155.	136.8	3588.2
7.	<u>346.65</u>	<u>139.5</u>	<u>175.</u>	<u>3519.6</u>
	3420.8	1047.1	1027.8	27122.
Aver.	<u>488.7</u>	<u>149.5</u>	<u>146.8</u>	<u>3874.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 31. Mother.</u>				
1.	107.75	46.8	52.	1086.2
2.	130.5	44.8	40.7	1067.5
3.	91.	39.8	47.2	948.
4.	89.5	40.3	40.	879.2
5.	148.5	52.35	43.4	1194.
6.	160.5	74.85	43.4	1332.
7.	<u>158.375</u>	<u>110.35</u>	<u>97.9</u>	<u>1956.</u>
	886.1	409.2	364.6	8462.9
Aver.	<u>126.5</u>	<u>58.4</u>	<u>52.1</u>	<u>1209.</u>

<u>B 31. Mother.</u>				
1.	97.5	56.5	79.	1327.
2.	127.25	66.	76.5	1461.5
3.	94.95	49.5	79.5	1293.3
4.	111.5	74.5	54.	1230.
5.	128.5	51.5	49.7	1167.3
6.	97.7	68.5	82.	1402.8
7.	<u>124.15</u>	<u>80.5</u>	<u>127.7</u>	<u>1967.9</u>
	781.5	447.	548.4	9849.8
Aver.	<u>111.6</u>	<u>64.</u>	<u>78.3</u>	<u>1407.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 31. Son-in-law.</u>				
1.	437.	131.8	116.6	3324.6
2.	497.7	153.4	134.6	3815.8
3.	507.2	161.6	155.2	4072.
4.	517.3	182.1	158.7	4225.9
5.	525.9	135.1	152.	4012.
6.	386.2	146.05	134.2	3336.8
7.	<u>339.55</u>	<u>165.</u>	<u>131.2</u>	<u>3199.</u>
	3210.8	1075.	982.5	25986.1
Aver.	<u>458.7</u>	<u>153.5</u>	<u>140.3</u>	<u>3712.3</u>

<u>B 31. Son-in-law.</u>				
1.	599.25	100.5	133.8	4003.2
2.	373.25	68.2	95.	2620.8
3.	523.	166.	132.6	3949.4
4.	571.65	178.	190.4	4712.2
5.	610.05	178.9	117.9	4216.9
6.	428.5	154.5	136.3	3558.7
7.	<u>336.65</u>	<u>132.</u>	<u>169.</u>	<u>3395.6</u>
	3442.3	978.1	975.	26456.8
Aver.	<u>491.7</u>	<u>139.7</u>	<u>139.3</u>	<u>3779.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 31. Daughter.</u>				
1.	266.5	73.8	86.5	2139.7
2.	190.25	80.4	61.7	1637.9
3.	202.5	59.8	56.8	1560.4
4.	227.55	85.1	83.3	2000.3
5.	301.2	79.6	72.2	2173.
6.	211.7	90.55	72.	1857.
7.	<u>252.45</u>	<u>106.</u>	<u>79.7</u>	<u>2151.1</u>
	1652.1	575.2	512.2	13519.4
Aver.	<u>236.</u>	<u>82.2</u>	<u>73.1</u>	<u>1931.3</u>

<u>B 31. Daughter.</u>				
1.	359.75	77.5	128.9	2909.1
2.	160.	71.7	85.6	1697.2
3.	173.05	96.	115.6	2116.6
4.	242.5	102.	63.1	1945.9
5.	177.25	53.4	50.8	1379.8
6.	124.15	88.	118.4	1914.2
7.	<u>239.65</u>	<u>93.</u>	<u>130.6</u>	<u>2506.</u>
	1476.3	581.6	693.	14468.8
Aver.	<u>210.9</u>	<u>83.1</u>	<u>99.</u>	<u>2067.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 31. Son.</u>				
1.	211.5	70.9	72.6	1783.
2.	261.55	54.9	46.1	1680.7
3.	245.8	72.1	48.9	1711.7
4.	210.35	63.1	54.4	1583.4
5.	361.5	75.1	49.4	2191.
6.	258.9	68.65	53.25	1789.45
7.	<u>264.425</u>	<u>112.</u>	<u>58.</u>	<u>2027.7</u>
	1814.	516.	382.	12766.9
Aver.	<u>259.1</u>	<u>73.7</u>	<u>54.5</u>	<u>1823.8</u>

<u>B 31. Son.</u>				
1.	214.	73.	69.	1769.
2.	258.	51.	49.	1677.
3.	245.	72.	48.	1700.
4.	213.	66.	57.	1629.
5.	358.	72.	46.	2134.
6.	260.	70.	55.	1815.
7.	<u>262.</u>	<u>110.</u>	<u>56.</u>	<u>1992.</u>
	1810.	514.	380.	12716.
Aver.	<u>258.5</u>	<u>73.4</u>	<u>54.3</u>	<u>1816.5</u>

A 31. G.-Son.

1.	133.1	27.2	27.7	890.5
2.	137.6	38.3	33.5	1005.1
3.	78.1	26.	23.	623.4
4.	165.9	44.5	43.75	1235.35
5.	147.8	37.8	32.6	1035.8
6.	136.8	39.	29.1	965.1
7.	<u>121.1</u>	<u>31.2</u>	<u>35.3</u>	<u>926.9</u>
	920.4	244.	224.9	6682.1
Aver.	<u>131.5</u>	<u>35.</u>	<u>32.1</u>	<u>954.5</u>

B 31. G.-Son.

1.	148.5	41.3	61.8	1315.4
2.	155.2	39.45	40.7	1144.9
3.	172.9	54.9	85.6	1681.6
4.	174.2	51.4	48.6	1339.8
5.	172.2	40.2	41.2	1220.4
6.	115.4	52.4	78.9	1381.3
7.	<u>126.7</u>	<u>33.9</u>	<u>41.</u>	<u>1011.4</u>
	1065.1	313.5	397.8	9094.8
Aver.	<u>152.1</u>	<u>44.8</u>	<u>56.8</u>	<u>1299.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 32. Mother.</u>				
1.	253.9	67.2	79.2	1997.2
2.	407.65	108.2	69.85	2692.05
3.	421.4	122.4	100.75	3081.95
4.	278.7	75.85	55.65	1919.05
5.	461.6	113.5	72.05	2948.85
6.	253.9	67.2	79.2	1997.2
7.	<u>421.4</u>	<u>122.4</u>	<u>100.75</u>	<u>3081.95</u>
	2498.5	676.7	557.4	17718.2
Aver.	357.	96.7	79.5	2531.2

<u>B 32. Mother.</u>				
1.	199.15	90.8	76.55	1848.75
2.	174.	78.3	44.6	1410.6
3.	172.25	63.6	44.4	1343.
4.	262.05	63.9	52.4	1775.4
5.	181.	56.8	42.6	1334.6
6.	219.5	50.8	37.9	1422.3
7.	<u>183.</u>	<u>55.3</u>	<u>43.9</u>	<u>1348.3</u>
	1390.9	459.5	342.3	10482.95
Aver.	<u>198.7</u>	<u>65.6</u>	<u>48.9</u>	<u>1497.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 32. Margaret.</u>				
1.	207.7	82.1	47.9	1590.3
2.	283.5	93.1	63.45	2077.45
3.	358.5	90.6	67.1	2400.3
4.	167.5	56.9	44.4	1297.2
5.	233.7	66.3	52.95	1676.55
6.	207.7	82.1	47.9	1590.3
7.	<u>358.5</u>	<u>90.6</u>	<u>67.1</u>	<u>2400.3</u>
	1817.1	561.7	390.8	13032.4
Aver.	<u>259.6</u>	<u>80.2</u>	<u>55.8</u>	<u>1861.7</u>

<u>B 32. Margaret.</u>				
1.	398.55	89.45	77.5	2649.5
2.	272.	48.3	32.7	1575.5
3.	317.9	104.9	95.35	2549.35
4.	280.25	79.8	44.6	1841.6
5.	167.25	66.3	46.4	1351.8
6.	253.	57.8	51.1	1703.1
7.	<u>222.</u>	<u>65.8</u>	<u>62.1</u>	<u>1710.1</u>
	1910.9	512.3	409.7	13380.9
Aver.	<u>272.9</u>	<u>73.2</u>	<u>58.5</u>	<u>1911.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 32. David.</u>				
1.	237.25	64.6	49.4	1652.
2.	362.25	90.1	71.5	2452.9
3.	394.75	89.3	62.9	2502.3
4.	389.	93.6	66.2	2526.2
5.	383.2	93.1	59.4	2439.8
6.	237.25	64.6	49.4	1652.
7.	<u>394.75</u>	<u>89.3</u>	<u>62.9</u>	<u>2502.3</u>
	2398.4	584.6	421.7	15727.5
Aver.	<u>342.6</u>	<u>83.5</u>	<u>60.2</u>	<u>2247.</u>

<u>B 32. David.</u>				
1.	422.55	135.9	97.75	3113.55
2.	351.75	110.8	65.9	2443.3
3.	364.	108.9	66.2	2487.4
4.	384.8	136.9	99.7	2984.1
5.	268.25	80.55	60.25	1937.45
6.	283.25	67.3	85.5	2171.7
7.	<u>391.</u>	<u>91.6</u>	<u>69.2</u>	<u>2553.2</u>
	2465.6	731.9	544.5	17690.7
Aver.	<u>352.2</u>	<u>104.5</u>	<u>77.8</u>	<u>2527.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 32.</u> <u>John.</u>				
1.	184.5	58.4	41.9	1348.7
2.	377.5	74.9	46.9	2231.7
3.	295.85	82.5	64.1	2090.3
4.	517.	123.6	108.65	3540.25
5.	362.5	85.4	68.45	2407.65
6.	184.5	58.4	41.9	1348.7
7.	<u>295.85</u>	<u>82.5</u>	<u>64.1</u>	<u>2090.3</u>
	2217.7	565.7	436.	15057.6
Aver.	<u>317.</u>	<u>80.8</u>	<u>62.3</u>	<u>2151.1</u>

<u>B 32.</u> <u>John.</u>				
1.	345.3	109.8	73.2	2479.2
2.	291.5	106.9	65.2	2180.4
3.	312.5	88.9	59.2	2138.4
4.	218.3	91.4	67.9	1849.9
5.	256.	58.8	51.2	1720.
6.	272.5	68.8	74.2	2033.
7.	<u>270.5</u>	<u>65.6</u>	<u>61.4</u>	<u>1897.</u>
	1966.6	590.2	452.3	14297.9
Aver.	<u>280.9</u>	<u>84.3</u>	<u>64.6</u>	<u>2042.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 32.</u> <u>Dick.</u>				
1.	174.25	53.6	58.5	1437.9
2.	337.7	65.1	86.	2385.2
3.	303.2	64.8	84.2	2229.8
4.	229.75	79.4	74.7	1908.9
5.	470.9	102.	120.7	3377.9
6.	174.25	53.6	58.5	1437.9
7.	<u>303.2</u>	<u>64.8</u>	<u>84.2</u>	<u>2229.8</u>
	1993.2	483.3	566.8	15007.4
Aver.	<u>284.7</u>	<u>69.</u>	<u>80.9</u>	<u>2144.</u>

<u>B 32.</u> <u>Dick.</u>				
1.	292.3	100.8	72.2	2222.2
2.	219.75	87.4	50.4	1680.2
3.	217.5	75.4	50.9	1629.7
4.	327.3	68.4	46.7	2005.1
5.	263.5	68.15	71.55	1970.55
6.	259.5	59.8	66.9	1879.3
7.	<u>303.5</u>	<u>73.1</u>	<u>55.2</u>	<u>2003.2</u>
	1883.3	533.	413.8	13390.25
Aver.	<u>269.</u>	<u>76.1</u>	<u>59.1</u>	<u>1912.9</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 34. Husband.</u>				
1.	443.	99.1	85.7	2939.7
2.	447.8	103.4	89.7	3012.1
3.	459.2	102.1	117.7	3304.5
4.	467.	110.6	91.7	3135.7
5.	403.	89.1	53.95	2453.95
6.	506.	95.5	98.7	3294.3
7.	<u>384.5</u>	<u>98.2</u>	<u>119.95</u>	<u>3010.35</u>
	3110.5	698.	657.4	21150.6
Aver.	<u>444.3</u>	<u>99.7</u>	<u>94.</u>	<u>3021.5</u>

<u>B 34. Husband.</u>				
1.	568.05	131.5	117.5	3855.7
2.	568.05	131.5	117.5	3855.7
3.	568.05	131.5	117.5	3855.7
4.	568.05	131.5	117.5	3855.7
5.	568.05	131.5	117.5	3855.7
6.	568.05	131.5	117.5	3855.7
7.	<u>568.05</u>	<u>131.5</u>	<u>117.5</u>	<u>3855.7</u>
	3976.35	920.5	822.5	26989.9
Aver.	568.05	131.5	117.5	3855.7

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 34. Wife.</u>				
1.	415.	84.1	71.45	2639.45
2.	415.	84.1	71.45	2639.45
3.	415.	90.1	78.45	2726.45
4.	467.	110.6	91.7	3135.7
5.	403.	89.1	53.95	2453.95
6.	506.	95.5	98.7	3294.3
7.	<u>384.5</u>	<u>98.2</u>	<u>119.95</u>	<u>3010.35</u>
	3005.5	651.7	584.9	19893.3
Aver.	<u>429.3</u>	<u>93.1</u>	<u>83.5</u>	<u>2841.9</u>

<u>B 34. Wife.</u>				
1.	359.55	84.5	86.8	2557.4
2.	359.55	84.5	86.8	2557.4
3.	359.55	84.5	86.8	2557.4
4.	359.55	84.5	86.8	2557.4
5.	359.55	84.5	86.8	2557.4
6.	359.55	84.5	86.8	2557.4
7.	<u>359.55</u>	<u>84.5</u>	<u>86.8</u>	<u>2557.4</u>
	2516.85	591.5	607.6	17901.8
Aver.	359.55	84.5	86.8	2557.4

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 34.</u> <u>Son.</u>				
1.	423.5	97.6	74.3	2753.1
2.	423.5	97.6	74.3	2753.1
3.	423.5	103.6	81.3	2840.1
4.	467.	135.6	101.7	3325.7
5.	403.	89.1	53.95	2453.95
6.	506.	115.5	114.7	3518.3
7.	<u>346.5</u>	<u>106.5</u>	<u>104.7</u>	<u>2754.3</u>
	2993.	745.5	604.95	20398.55
Aver.	<u>427.5</u>	<u>106.5</u>	<u>86.4</u>	<u>2914.</u>

<u>B 34.</u> <u>Son.</u>				
1.	507.8	120.4	117.7	3572.1
2.	507.8	120.4	117.7	3572.1
3.	507.8	120.4	117.7	3572.1
4.	507.8	120.4	117.7	3572.1
5.	507.8	120.4	117.7	3572.1
6.	507.8	120.4	117.7	3572.1
7.	<u>507.8</u>	<u>120.4</u>	<u>117.7</u>	<u>3572.1</u>
	3554.6	842.8	823.9	25004.7
Aver.	507.8	120.4	117.7	3572.1

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 35. Father.</u>				
1.	448.5	139.	82.9	3096.1
2.	497.6	135.	191.7	4255.7
3.	585.25	137.	96.9	3761.1
4.	538.5	127.1	92.9	3498.5
5.	354.75	136.8	122.	3064.2
6.	377.75	112.5	74.1	2627.9
7.	<u>394.25</u>	<u>119.3</u>	<u>97.5</u>	<u>2931.7</u>
	3196.6	906.7	758.	23235.2
Aver.	<u>456.6</u>	<u>129.5</u>	<u>108.3</u>	<u>3319.3</u>

<u>B 35. Father.</u>				
1.	445.25	116.5	73.	2904.
2.	332.9	83.	102.6	2587.
3.	385.5	86.5	54.8	2381.2
4.	392.5	90.5	59.8	2470.2
5.	257.75	80.3	57.5	1869.7
6.	394.75	113.5	32.1	2321.9
7.	<u>336.75</u>	<u>111.6</u>	<u>86.9</u>	<u>2575.5</u>
	2545.4	681.9	466.7	17109.5
Aver.	<u>363.6</u>	<u>97.4</u>	<u>66.7</u>	<u>2444.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 35. Mother.</u>				
1.	319.75	74.1	65.	2160.4
2.	249.05	74.5	87.15	2078.55
3.	316.8	90.	74.9	2301.3
4.	269.	90.2	83.4	2187.4
5.	372.325	129.6	114.1	3034.6
6.	239.55	75.4	68.9	1879.9
7.	<u>268.55</u>	<u>71.7</u>	<u>63.7</u>	<u>1934.3</u>
	2035.	605.5	557.1	15576.45
Aver.	<u>290.7</u>	<u>86.5</u>	<u>79.6</u>	<u>2225.</u>

<u>B 35. Mother.</u>				
1.	341.5	81.	67.1	2293.9
2.	330.	71.9	80.6	2333.
3.	361.5	73.5	57.8	2260.2
4.	286.75	70.	36.	1751.
5.	227.3	81.	40.8	1600.4
6.	303.75	77.	25.6	1753.4
7.	<u>336.75</u>	<u>116.6</u>	<u>86.9</u>	<u>2595.5</u>
	2187.5	571.	394.8	14587.4
Aver.	<u>312.5</u>	<u>81.5</u>	<u>56.4</u>	<u>2083.9</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 35. Margaret.</u>				
1.	258.75	70.95	65.6	1909.2
2.	233.35	83.1	147.1	2589.7
3.	342.	85.1	60.	2248.4
4.	284.5	71.4	71.45	2066.65
5.	230.825	83.6	100.3	2160.4
6.	293.05	56.4	59.6	1934.2
7.	<u>138.2</u>	<u>65.65</u>	<u>88.7</u>	<u>1613.7</u>
	1780.6	516.2	592.7	14522.2
Aver.	<u>254.4</u>	<u>73.7</u>	<u>84.7</u>	<u>2074.6</u>

<u>B 35. Margaret.</u>				
1.	289.25	57.8	53.4	1868.8
2.	284.25	67.4	79.9	2125.7
3.	224.	57.3	51.8	1591.4
4.	173.95	50.9	29.6	1165.8
5.	220.4	68.6	34.65	1467.85
6.	238.	50.5	22.8	1359.
7.	<u>288.5</u>	<u>85.1</u>	<u>65.2</u>	<u>2081.2</u>
	1718.3	437.6	337.3	11659.9
Aver.	<u>245.5</u>	<u>62.5</u>	<u>48.2</u>	<u>1665.7</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 35. Patricia.</u>				
1.	263.5	64.1	53.	1787.4
2.	275.95	73.05	95.65	2256.85
3.	209.05	64.4	43.7	1487.1
4.	194.75	55.1	56.5	1507.9
5.	201.75	67.9	89.8	1886.8
6.	229.3	42.5	40.3	1449.9
7.	<u>131.05</u>	<u>49.</u>	<u>46.5</u>	<u>1138.7</u>
	1505.3	416.	425.4	11514.6
Aver.	<u>215.</u>	<u>59.4</u>	<u>60.7</u>	<u>1645.</u>

<u>B 35. Patricia.</u>				
1.	269.25	55.8	53.3	1779.9
2.	247.25	57.4	77.8	1918.8
3.	134.75	41.5	35.8	1027.2
4.	158.2	49.9	29.	1093.4
5.	220.4	68.6	34.65	1467.85
6.	238.	50.5	22.8	1359.2
7.	<u>282.5</u>	<u>83.1</u>	<u>56.2</u>	<u>1968.2</u>
	1550.3	406.8	309.5	10614.5
Aver.	<u>221.5</u>	<u>58.1</u>	<u>44.2</u>	<u>1516.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 35. John.</u>				
1.	124.25	44.4	42.2	1054.4
2.	124.6	40.8	63.35	1231.35
3.	148.15	48.95	48.75	1227.15
4.	143.	39.3	48.8	1168.4
5.	193.9	71.2	85.25	1827.65
6.	224.15	38.75	34.6	1363.
7.	<u>125.15</u>	<u>40.55</u>	<u>38.3</u>	<u>1007.5</u>
	1083.2	323.9	361.2	8879.4
<u>Aver.</u>	154.7	46.2	51.6	1268.5

<u>B 35. John.</u>				
1.	203.	50.7	35.2	1331.6
2.	107.6	46.35	67.7	1225.1
3.	149.5	49.3	36.4	1122.8
4.	148.7	46.75	26.3	1018.5
5.	199.65	48.6	30.35	1266.15
6.	185.5	55.7	35.9	1287.9
7.	<u>214.</u>	<u>61.4</u>	<u>47.2</u>	<u>1526.4</u>
	1207.9	358.8	279.	8778.4
<u>Aver.</u>	172.5	51.2	39.8	1254.

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 36. Mr D.</u>				
1.	332.5	103.6	67.2	2349.2
2.	407.25	128.6	58.4	2669.
3.	300.25	89.9	68.9	2180.7
4.	360.25	131.6	64.7	2549.7
5.	446.05	137.4	60.9	2881.9
6.	459.75	139.8	70.6	3033.6
7.	<u>337.25</u>	<u>74.9</u>	<u>44.45</u>	<u>2048.65</u>
	2643.3	805.8	435.1	17712.75
Aver.	<u>377.6</u>	<u>115.1</u>	<u>62.1</u>	<u>2530.5</u>

<u>B 36. Mr D.</u>				
1.	476.5	110.8	80.2	3071.
2.	574.75	141.1	124.7	3985.7
3.	468.5	124.1	95.4	3229.
4.	451.	119.9	76.9	2975.7
5.	327.75	88.7	96.2	2531.6
6.	437.75	110.9	135.5	3414.1
7.	<u>485.</u>	<u>123.8</u>	<u>70.9</u>	<u>3073.3</u>
	3221.2	819.3	679.8	22280.4
Aver.	<u>460.1</u>	<u>117.</u>	<u>97.1</u>	<u>3182.9</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 36. Mrs D.</u>				
1.	462.95	131.1	188.35	4071.35
2.	436.5	110.8	82.7	2933.5
3.	364.5	89.9	95.1	2673.5
4.	576.25	123.55	102.7	3723.5
5.	459.55	95.6	145.1	3526.5
6.	521.5	134.4	93.8	3467.8
7.	<u>376.55</u>	<u>109.4</u>	<u>132.2</u>	<u>3133.6</u>
	3197.8	794.7	839.9	23529.75
Aver.	<u>456.8</u>	<u>113.5</u>	<u>119.9</u>	<u>3361.4</u>

<u>B 36. Mrs D.</u>				
1.	553.75	136.1	140.4	4023.
2.	688.5	147.1	155.	4737.4
3.	483.25	141.9	91.7	3325.9
4.	<u>424.5</u>	<u>112.2</u>	<u>90.15</u>	<u>2958.15</u>
5.	594.5	153.1	121.6	4084.8
6.	588.	120.8	119.8	3913.4
7.	<u>570.5</u>	<u>135.45</u>	<u>81.1</u>	<u>3553.7</u>
	3903.	946.6	799.7	26596.3
Aver.	<u>557.5</u>	<u>135.2</u>	<u>114.2</u>	<u>3799.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 36. Alex.</u>				
1.	806.2	239.1	435.6	8101.6
2.	692.1	270.15	196.5	5617.5
3.	569.25	181.3	219.	4973.2
4.	423.25	187.1	147.7	3770.7
5.	494.75	168.9	234.75	4767.35
6.	436.2	178.2	253.7	4740.9
7.	<u>614.1</u>	<u>181.75</u>	<u>248.55</u>	<u>5420.35</u>
	4035.8	1406.5	1735.8	37391.6
Aver.	<u>576.5</u>	<u>200.9</u>	<u>248.</u>	<u>5341.6</u>

<u>B 36. Alex.</u>				
1.	603.25	155.3	227.8	5084.4
2.	610.25	138.2	162.8	4459.
3.	625.	138.7	153.8	4439.
4.	572.25	149.4	143.4	4177.2
5.	550.5	160.5	249.	5085.
6.	560.75	148.	238.3	4979.7
7.	<u>713.5</u>	<u>163.65</u>	<u>199.4</u>	<u>5303.2</u>
	4235.5	1053.7	1374.5	33527.5
Aver.	<u>605.1</u>	<u>150.5</u>	<u>196.3</u>	<u>4789.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 36. David.</u>				
1.	491.95	164.4	174.95	4199.95
2.	330.45	180.5	144.8	3347.
3.	499.1	145.2	158.35	4002.35
4.	454.25	173.4	114.5	3541.1
5.	359.25	166.95	96.45	2972.85
6.	399.7	157.2	149.75	3575.35
7.	<u>405.9</u>	<u>146.15</u>	<u>157.45</u>	<u>3625.25</u>
	2940.6	1133.8	996.2	25263.85
Aver.	<u>420.1</u>	<u>161.9</u>	<u>142.3</u>	<u>3609.1</u>

<u>B 36. David.</u>				
1.	610.	135.9	109.55	3969.55
2.	659.75	161.6	129.3	4449.1
3.	513.	128.	117.8	3624.2
4.	474.5	143.9	88.6	3271.
5.	551.	134.6	134.1	3949.3
6.	567.75	138.2	162.4	4285.4
7.	<u>614.75</u>	<u>175.6</u>	<u>95.05</u>	<u>4016.85</u>
	3990.7	1017.8	836.8	27565.4
Aver.	<u>570.1</u>	<u>145.4</u>	<u>119.5</u>	<u>3937.9</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 37. Mrs.</u>				
1.	113.25	35.	23.8	807.2
2.	116.5	54.6	57.1	1198.3
3.	143.7	66.	50.9	1296.9
4.	181.75	70.5	38.35	1354.15
5.	91.5	55.8	35.8	911.4
6.	121.5	35.5	30.1	898.9
7.	<u>108.5</u>	<u>31.</u>	<u>34.4</u>	<u>867.4</u>
	876.7	348.4	270.4	7334.
Aver.	<u>125.2</u>	<u>49.8</u>	<u>38.6</u>	<u>1047.7</u>

<u>B 37. Mrs.</u>				
1.	149.	31.5	30.2	993.8
2.	178.3	52.4	48.2	1356.6
3.	166.	73.	42.2	1335.8
4.	136.5	41.5	36.2	1037.8
5.	176.5	50.5	46.2	1323.8
6.	197.25	49.5	37.4	1323.6
7.	<u>209.25</u>	<u>55.5</u>	<u>42.7</u>	<u>1443.4</u>
	1212.8	353.9	283.1	8814.8
Aver.	<u>173.2</u>	<u>50.5</u>	<u>40.4</u>	<u>1259.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 37. Mr.</u>				
1.	471.05	122.5	119.7	3451.5
2.	393.25	124.5	132.6	3264.4
3.	480.95	138.2	119.9	3555.7
4.	521.95	141.5	95.1	3509.7
5.	339.35	127.	114.6	2896.8
6.	444.75	128.5	96.2	3158.8
7.	<u>496.75</u>	<u>145.</u>	<u>145.8</u>	<u>3879.2</u>
	3148.	927.2	823.9	23716.1
Aver.	<u>449.7</u>	<u>132.4</u>	<u>117.7</u>	<u>3388.</u>

<u>B 37. Mr.</u>				
1.	546.35	145.6	148.1	4100.7
2.	548.55	159.6	143.55	4124.55
3.	550.5	161.3	131.85	4033.85
4.	526.95	144.8	155.6	4087.4
5.	578.5	182.6	174.65	4616.25
6.	531.9	157.5	180.5	4382.1
7.	<u>572.5</u>	<u>144.3</u>	<u>147.25</u>	<u>4192.45</u>
	3855.2	1095.7	1081.5	29537.3
Aver.	<u>550.7</u>	<u>156.5</u>	<u>154.5</u>	<u>4219.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 37. Kenneth.</u>				
1.	398.05	112.7	118.7	3111.3
2.	415.	118.9	135.	3350.6
3.	429.2	125.7	98.2	3103.4
4.	467.3	147.5	106.2	3415.
5.	411.1	127.4	103.4	3084.6
6.	340.5	115.6	106.4	2782.
7.	<u>468.75</u>	<u>128.5</u>	<u>112.4</u>	<u>3400.6</u>
	2929.9	876.3	780.3	22247.5
Aver.	<u>418.5</u>	<u>125.2</u>	<u>111.5</u>	<u>3178.2</u>

<u>B 37. Kenneth.</u>				
1.	484.1	120.5	136.5	3646.9
2.	461.3	113.8	106.05	3254.85
3.	480.75	143.5	119.05	3568.45
4.	495.7	145.3	149.8	3912.2
5.	428.9	153.9	160.	3771.2
6.	396.6	130.2	172.4	3658.8
7.	<u>498.2</u>	<u>128.4</u>	<u>137.75</u>	<u>3746.15</u>
	3245.5	935.6	981.5	25558.5
Aver.	<u>463.6</u>	<u>133.6</u>	<u>140.2</u>	<u>3651.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 37. Frank.</u>				
1.	444.55	123.	121.7	3365.5
2.	429.25	129.4	137.6	3473.
3.	501.7	141.6	113.5	3594.7
4.	403.7	126.	94.3	2967.5
5.	367.85	130.	107.6	2959.8
6.	433.25	137.5	125.2	3409.8
7.	<u>472.25</u>	<u>120.6</u>	<u>127.6</u>	<u>3519.8</u>
	3052.5	908.1	827.5	23290.1
Aver.	<u>436.1</u>	<u>129.7</u>	<u>118.2</u>	<u>3327.</u>

<u>B 37. Frank.</u>				
1.	485.55	119.4	142.35	3700.95
2.	399.5	108.	116.95	3082.55
3.	442.95	137.4	122.75	3426.15
4.	374.5	101.	119.05	2973.45
5.	487.45	148.4	137.4	3780.
6.	318.65	108.9	151.1	3070.1
7.	<u>436.45</u>	<u>104.6</u>	<u>106.5</u>	<u>3122.7</u>
	2945.	827.7	896.1	23155.9
Aver.	<u>420.7</u>	<u>118.2</u>	<u>128.</u>	<u>3308.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 38. Father.</u>				
1.	472.3	103.4	96.7	3173.1
2.	511.5	131.6	106.2	3528.2
3.	541.7	122.	152.	4024.6
4.	642.5	114.3	131.7	4212.5
5.	317.5	77.1	73.2	2237.2
6.	516.5	103.9	98.45	3367.65
7.	<u>452.4</u>	<u>96.5</u>	<u>68.6</u>	<u>2813.</u>
	3454.4	748.8	726.8	23356.2
Aver.	<u>493.5</u>	<u>107.</u>	<u>103.8</u>	<u>3336.6</u>

<u>B 38. Father.</u>				
1.	413.75	96.9	77.2	2737.4
2.	411.5	67.6	57.7	2435.7
3.	438.3	104.4	83.7	2924.1
4.	354.	101.8	92.	2651.2
5.	373.	81.9	62.9	2385.7
6.	248.75	67.3	59.7	1801.5
7.	<u>277.2</u>	<u>63.3</u>	<u>79.1</u>	<u>2073.9</u>
	2516.5	583.2	512.3	17009.5
Aver.	<u>359.5</u>	<u>83.3</u>	<u>73.2</u>	<u>2429.9</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 38. Mother.</u>				
1.	191.3	45.2	51.4	1408.6
2.	133.5	51.9	53.7	1224.9
3.	240.15	53.55	63.25	1744.05
4.	246.5	49.6	43.8	1578.6
5.	201.5	44.9	63.2	1554.4
6.	156.	39.2	57.	1293.8
7.	<u>269.25</u>	<u>48.1</u>	<u>35.8</u>	<u>1591.6</u>
	1438.2	332.4	368.1	10395.95
Aver.	<u>205.4</u>	<u>47.5</u>	<u>52.6</u>	<u>1485.1</u>

<u>B 38. Mother.</u>				
1.	292.25	63.9	58.4	1950.2
2.	245.	61.4	58.3	1750.3
3.	342.55	71.5	70.2	2288.
4.	155.5	54.9	40.4	1205.2
5.	257.25	46.2	39.1	1565.7
6.	226.25	49.5	43.9	1498.1
7.	<u>193.5</u>	<u>52.9</u>	<u>40.6</u>	<u>1351.1</u>
	1712.3	400.3	350.9	11608.5
Aver.	<u>244.6</u>	<u>57.2</u>	<u>50.1</u>	<u>1658.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 38. Daughter.</u>				
1.	145.55	48.3	57.2	1290.2
2.	250.85	86.15	73.45	2008.25
3.	370.7	85.8	138.4	3071.6
4.	289.8	61.95	81.9	2144.1
5.	368.	85.1	77.4	2509.
6.	191.5	55.9	56.5	1498.1
7.	<u>370.9</u>	<u>92.8</u>	<u>74.6</u>	<u>2526.2</u>
	1987.3	516.	559.4	15047.4
Aver.	<u>284.</u>	<u>73.7</u>	<u>79.9</u>	<u>2149.6</u>

<u>B 38. Daughter.</u>				
1.	387.5	100.2	78.4	2656.4
2.	216.75	67.5	58.3	1661.7
3.	346.3	86.2	68.2	2343.8
4.	180.	67.6	72.1	1639.3
5.	220.	45.15	40.05	1421.05
6.	288.25	75.3	56.9	1966.3
7.	<u>216.45</u>	<u>55.3</u>	<u>71.1</u>	<u>1726.9</u>
	1855.2	497.2	445.	13415.4
Aver.	<u>265.</u>	<u>71.</u>	<u>63.5</u>	<u>1916.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 38. Boarder.</u>				
1.	486.8	117.	103.25	3344.45
2.	269.	77.7	100.2	2288.6
3.	266.	90.1	110.1	2415.3
4.	244.5	57.7	68.7	1827.1
5.	140.5	53.1	71.5	1417.9
6.	269.5	76.5	93.15	2222.35
7.	<u>272.3</u>	<u>107.4</u>	<u>103.2</u>	<u>2447.6</u>
	1948.6	579.5	650.1	15963.3
Aver.	<u>278.3</u>	<u>82.8</u>	<u>92.9</u>	<u>2280.5</u>

<u>B 38. Boarder.</u>				
1.	275.25	103.9	86.25	2292.85
2.	141.	57.4	45.7	1204.9
3.	346.3	86.2	68.2	2343.8
4.	288.25	70.3	59.3	1967.9
5.	226.	67.6	70.5	1808.9
6.	288.25	75.3	56.9	1966.3
7.	<u>216.45</u>	<u>55.3</u>	<u>71.1</u>	<u>1726.9</u>
	1781.5	516.	457.9	13311.5
Aver.	<u>254.5</u>	<u>73.7</u>	<u>65.4</u>	<u>1901.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 39. Father.</u>				
1.	283.	57.5	53.7	1845.3
2.	247.5	74.85	90.8	2106.6
3.	248.2	84.25	60.7	1876.1
4.	257.6	86.6	44.8	1780.
5.	302.7	72.	63.9	2073.9
6.	303.5	85.2	80.3	2277.5
7.	<u>223.75</u>	<u>79.3</u>	<u>85.6</u>	<u>1982.6</u>
	1866.2	539.7	479.8	13942.1
Aver.	<u>266.6</u>	<u>77.1</u>	<u>68.5</u>	<u>1991.7</u>

<u>B 39. Father.</u>				
1.	247.5	74.85	90.8	2106.6
2.	248.	54.5	80.3	1932.7
3.	302.7	72.	63.9	2073.9
4.	247.75	86.7	118.8	2407.
5.	303.5	85.2	80.3	2277.5
6.	197.5	77.	104.7	2040.3
7.	<u>223.25</u>	<u>73.55</u>	<u>93.45</u>	<u>2028.25</u>
	1770.2	523.8	632.2	14866.2
Aver.	<u>252.9</u>	<u>74.8</u>	<u>90.3</u>	<u>2123.7</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 39. Mother.</u>				
1.	163.75	41.	34.4	1128.6
2.	198.75	71.65	76.1	1766.5
3.	210.6	72.45	55.6	1632.6
4.	221.	69.4	57.9	1682.7
5.	219.65	78.9	93.7	2037.5
6.	224.5	72.	60.2	1727.8
7.	<u>172.75</u>	<u>70.9</u>	<u>75.4</u>	<u>1653.2</u>
	1411.	476.3	453.3	11628.9
Aver.	<u>201.5</u>	<u>68.</u>	<u>64.7</u>	<u>1661.2</u>

<u>B 39. Mother.</u>				
1.	248.	54.5	80.3	1932.7
2.	213.5	57.75	61.85	1641.65
3.	158.	69.5	96.3	1776.7
4.	202.	102.	60.5	1760.5
5.	247.75	86.7	118.8	2407.
6.	197.5	77.	104.7	2040.3
7.	<u>200.2</u>	<u>81.</u>	<u>89.5</u>	<u>1930.3</u>
	1466.9	528.4	611.9	13489.1
Aver.	<u>209.5</u>	<u>75.5</u>	<u>87.4</u>	<u>1927.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 39. Son.</u>				
1.	419.5	102.	105.05	3031.45
2.	306.25	96.55	102.65	2535.05
3.	399.95	108.65	79.2	2747.2
4.	347.	107.9	89.75	2627.35
5.	414.65	114.6	120.2	3198.8
6.	421.	108.1	97.35	2992.55
7.	<u>345.7</u>	<u>109.55</u>	<u>119.45</u>	<u>2896.05</u>
	2654.	747.3	713.6	20028.4
Aver.	<u>379.1</u>	<u>106.7</u>	<u>101.9</u>	<u>2861.2</u>

<u>B 39. Son.</u>				
1.	450.	97.8	144.85	3494.85
2.	452.5	90.05	90.4	2983.8
3.	381.	107.3	121.85	3049.85
4.	410.	140.3	86.6	2980.6
5.	275.75	89.2	124.85	2583.45
6.	418.5	119.8	132.1	3342.1
7.	<u>442.2</u>	<u>118.8</u>	<u>118.6</u>	<u>3311.4</u>
	2829.9	763.2	819.2	21746.
Aver.	<u>404.3</u>	<u>109.</u>	<u>117.</u>	<u>3106.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 39. Daughter.</u>				
1.	304.	67.2	85.9	2259.9
2.	299.75	87.75	50.85	2007.65
3.	269.95	90.55	67.3	2047.7
4.	254.7	86.8	112.7	2380.
5.	324.7	99.	92.6	2528.2
6.	462.	114.	108.	3276.
7.	<u>264.44</u>	<u>93.25</u>	<u>109.15</u>	<u>2413.15</u>
	2179.5	638.5	626.5	16910.8
Aver.	<u>311.3</u>	<u>91.2</u>	<u>89.5</u>	<u>2415.8</u>

<u>B 39. Daughter.</u>				
1.	307.	65.5	93.1	2327.9
2.	326.7	94.5	111.45	2687.85
3.	262.75	111.3	83.7	2249.5
4.	273.25	81.3	77.7	2117.5
5.	341.	95.5	128.6	2903.4
6.	223.25	73.55	93.25	2028.25
7.	<u>216.75</u>	<u>76.8</u>	<u>59.9</u>	<u>1713.3</u>
	1950.7	598.45	647.7	16025.9
Aver.	<u>278.7</u>	<u>85.5</u>	<u>92.5</u>	<u>2289.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 40. Father.</u>				
1.	167.3	113.1	146.	2435.6
2.	260.75	88.	102.9	2321.1
3.	210.55	90.6	73.9	1869.7
4.	271.	106.3	65.6	2099.6
5.	223.	103.1	75.7	1985.7
6.	168.	71.3	118.7	2025.5
7.	<u>282.05</u>	<u>113.8</u>	<u>136.25</u>	<u>2809.65</u>
	1582.6	686.2	719.	15546.8
Aver.	226.1	98.	102.7	2220.9

<u>B 40. Father.</u>				
1.	252.2	87.8	134.6	2571.4
2.	137.5	76.3	72.4	1506.8
3.	269.8	116.4	80.2	2266.6
4.	238.5	92.6	74.9	199.8
5.	252.5	120.3	81.7	2226.5
6.	216.5	75.5	56.9	1680.1
7.	<u>208.2</u>	<u>89.5</u>	<u>120.4</u>	<u>2274.4</u>
	1575.2	658.4	621.1	14524.3
Aver.	<u>225.</u>	<u>94.</u>	<u>88.7</u>	<u>2077.7</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 40. Mother.</u>				
1.	111.	55.3	48.9	1105.3
2.	237.5	72.	83.6	1990.4
3.	200.3	86.6	67.1	1751.5
4.	204.75	62.3	35.5	1387.7
5.	225.5	88.6	68.6	1873.6
6.	193.	58.8	81.4	1739.8
7.	<u>302.2</u>	<u>99.3</u>	<u>109.75</u>	<u>2593.75</u>
	1474.2	522.9	494.8	12442.
Aver.	<u>210.6</u>	<u>74.7</u>	<u>70.7</u>	<u>1777.4</u>

<u>B 40. Mother.</u>				
1.	175.6	51.05	73.65	1569.45
2.	210.5	65.3	42.5	1485.7
3.	267.8	84.4	60.4	1952.4
4.	207.25	60.1	55.8	1571.6
5.	166.25	74.8	47.3	1389.9
6.	235.5	69.5	50.9	1678.1
7.	<u>208.2</u>	<u>78.5</u>	<u>99.4</u>	<u>2041.4</u>
	1471.1	483.6	429.9	11688.55
Aver.	<u>210.1</u>	<u>69.1</u>	<u>61.4</u>	<u>1669.8</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 40. Daughter.</u>				
1.	89.5	41.4	43.8	917.8
2.	162.75	45.5	55.1	1328.9
3.	124.75	55.7	48.4	1157.4
4.	130.	63.9	41.4	1148.2
5.	146.75	52.1	44.7	1197.7
6.	147.5	49.1	60.5	1330.9
7.	<u>177.05</u>	<u>57.15</u>	<u>55.48</u>	<u>1436.12</u>
	978.3	364.8	349.3	8517.
Aver.	<u>139.7</u>	<u>52.1</u>	<u>49.9</u>	<u>1217.</u>

<u>B 40. Daughter.</u>				
1.	133.5	34.4	37.	1004.6
2.	147.5	54.6	43.	1195.4
3.	185.	68.35	50.3	1466.1
4.	154.2	55.	42.6	1220.2
5.	132.2	58.2	31.7	1046.9
6.	152.2	46.2	36.9	1125.7
7.	<u>140.7</u>	<u>39.</u>	<u>32.3</u>	<u>1009.5</u>
	1045.3	355.7	273.8	8068.4
Aver.	<u>149.3</u>	<u>50.8</u>	<u>39.1</u>	<u>1152.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 42.</u> <u>Mr.</u>				
1.	250.2	96.	144.8	2688.
2.	346.5	93.8	63.6	2333.6
3.	473.5	122.3	87.1	3167.1
4.	421.5	111.8	46.2	2549.
5.	435.	145.	74.4	2989.6
6.	316.2	78.3	63.4	2148.6
7.	<u>215.</u>	<u>84.5</u>	<u>62.8</u>	<u>1763.2</u>
	2457.9	731.7	542.3	17639.1
Aver.	<u>351.1</u>	<u>104.5</u>	<u>77.5</u>	<u>2519.9</u>

<u>B 42.</u> <u>Mr.</u>				
1.	188.45	82.2	100.2	1984.4
2.	187.	68.5	36.4	1349.6
3.	245.5	82.3	39.6	1667.6
4.	241.75	67.7	46.1	1653.1
5.	323.75	97.	48.1	2115.9
6.	306.75	87.	41.3	1946.7
7.	<u>392.25</u>	<u>109.</u>	<u>117.3</u>	<u>3060.7</u>
	1885.4	593.8	429.	13778.
Aver.	<u>269.3</u>	<u>84.8</u>	<u>61.3</u>	<u>1968.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 42. Mrs.</u>				
1.	250.2	96.	144.8	2688.
2.	346.5	93.8	63.6	2333.6
3.	473.5	122.3	87.1	3167.1
4.	421.5	111.8	46.2	2549.
5.	435.	145.	74.4	2989.6
6.	316.2	78.3	63.4	2148.6
7.	<u>215.</u>	<u>84.5</u>	<u>62.8</u>	<u>1763.2</u>
	2457.9	731.7	542.3	17639.1
Aver.	<u>351.1</u>	<u>104.5</u>	<u>77.5</u>	<u>2519.9</u>

<u>B 42. Mrs.</u>				
1.	188.45	82.2	100.2	1984.4
2.	187.	68.5	36.4	1349.6
3.	245.5	82.3	39.6	1667.6
4.	241.75	67.8	46.1	1653.1
5.	323.75	97.	48.1	2115.9
6.	306.75	87.	41.3	1946.7
7.	<u>392.25</u>	<u>109.</u>	<u>117.3</u>	<u>3060.7</u>
	1885.4	593.8	429.	13778.
Aver.	<u>269.3</u>	<u>84.8</u>	<u>61.3</u>	<u>1968.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 43. Jean.</u>				
1.	313.5	82.3	80.55	2308.15
2.	233.25	64.3	55.	1685.2
3.	254.25	89.2	63.	1940.8
4.	283.3	94.9	71.7	2158.1
5.	283.25	87.3	64.9	2066.3
6.	253.5	106.45	92.55	2272.75
7.	<u>289.5</u>	<u>78.05</u>	<u>79.3</u>	<u>2183.9</u>
	1910.5	602.5	507.	14615.2
Aver.	<u>272.9</u>	<u>86.1</u>	<u>72.4</u>	<u>2088.</u>

<u>B 43. Jean.</u>				
1.	272.	72.05	85.95	2149.75
2.	262.1	99.4	79.5	2161.5
3.	231.5	77.35	52.65	1709.25
4.	273.5	99.1	65.1	2076.7
5.	293.5	107.3	73.6	2265.6
6.	274.5	80.95	75.2	2098.6
7.	<u>253.75</u>	<u>88.</u>	<u>98.35</u>	<u>2252.15</u>
	1860.8	624.2	530.3	14713.5
Aver.	<u>265.8</u>	<u>89.2</u>	<u>75.7</u>	<u>2101.9</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 43. Meg.</u>				
1.	234.75	56.8	59.55	1702.15
2.	206.75	54.3	47.3	1469.9
3.	224.5	73.7	48.8	1632.
4.	223.55	79.4	57.5	1729.3
5.	223.5	71.8	50.7	1637.5
6.	185.75	76.75	67.65	1658.85
7.	<u>259.75</u>	<u>62.55</u>	<u>71.35</u>	<u>1931.45</u>
	1558.5	475.3	402.8	11761.
Aver.	<u>222.6</u>	<u>68.</u>	<u>57.5</u>	<u>1680.1</u>

<u>B 43. Meg.</u>				
1.	217.5	56.05	71.75	1739.95
2.	200.6	74.8	64.3	1680.3
3.	171.	60.75	37.45	1264.05
4.	165.75	70.2	36.4	1271.4
5.	241.75	91.8	59.9	1873.3
6.	240.75	65.45	61.5	1778.3
7.	<u>201.</u>	<u>72.5</u>	<u>84.65</u>	<u>1855.85</u>
	1438.3	491.5	415.9	11463.15
Aver.	<u>205.5</u>	<u>70.2</u>	<u>59.4</u>	<u>1637.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 44. Father.</u>				
1.	338.75	99.2	81.85	2488.45
2.	443.2	147.2	148.95	3702.15
3.	431.9	122.55	82.65	2961.65
4.	305.	102.	100.5	2532.5
5.	434.95	141.4	118.85	3375.05
6.	511.7	153.5	193.7	4404.1
7.	<u>488.15</u>	<u>134.6</u>	<u>107.55</u>	<u>3458.95</u>
	2953.6	900.4	834.	22922.85
Aver.	<u>421.9</u>	<u>128.6</u>	<u>119.1</u>	<u>3274.7</u>

<u>B 44. Father.</u>				
1.	334.75	104.6	60.6	2302.8
2.	244.5	82.7	75.2	1985.6
3.	326.6	96.9	78.9	2404.1
4.	225.75	63.	47.4	1581.6
5.	303.5	106.9	80.45	2365.65
6.	372.05	119.5	89.7	2773.5
7.	<u>351.05</u>	<u>110.6</u>	<u>135.2</u>	<u>3063.4</u>
	2158.2	684.2	567.4	16476.65
Aver.	<u>308.3</u>	<u>97.7</u>	<u>81.</u>	<u>2354.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 44. Mother.</u>				
1.	308.55	94.4	76.2	2297.6
2.	246.95	78.4	90.3	2114.1
3.	377.4	114.55	75.7	2649.1
4.	244.5	94.	94.2	2201.8
5.	163.25	80.3	53.	1451.2
6.	238.35	69.65	129.9	2401.1
7.	<u>234.15</u>	<u>87.1</u>	<u>71.</u>	<u>1924.</u>
	1813.1	618.4	590.3	15038.9
Aver.	<u>259.</u>	<u>88.3</u>	<u>84.3</u>	<u>2148.4</u>

<u>B 44. Mother.</u>				
1.	231.	67.3	43.9	1588.3
2.	81.25	49.3	50.2	974.
3.	212.6	60.8	60.5	1638.1
4.	122.	39.5	40.1	1006.9
5.	138.75	51.3	33.4	1060.8
6.	210.8	58.2	66.3	1672.7
7.	<u>159.45</u>	<u>49.8</u>	<u>81.8</u>	<u>1573.2</u>
	1155.8	376.2	376.2	9514.
Aver.	<u>165.1</u>	<u>53.7</u>	<u>53.7</u>	<u>1359.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 44.</u> <u>Son.</u>				
1.	221.6	72.35	66.95	1778.35
2.	186.825	65.9	70.6	1646.3
3.	223.2	57.	58.15	1644.15
4.	187.25	61.	53.35	1473.15
5.	170.2	62.3	54.9	1424.1
6.	189.8	58.25	98.	1874.2
7.	<u>190.4</u>	<u>63.8</u>	<u>48.9</u>	<u>1456.9</u>
	1369.2	440.6	450.8	11297.15
Aver.	<u>195.6</u>	<u>62.9</u>	<u>64.4</u>	<u>1614.</u>

<u>B 44.</u> <u>Son.</u>				
1.	149.5	65.	38.5	1204.5
2.	125.25	59.	48.8	1176.2
3.	155.6	60.3	69.4	1488.2
4.	94.75	42.6	46.5	967.9
5.	108.25	48.3	37.7	965.5
6.	158.4	57.75	63.1	1432.5
7.	89.85	41.2	54.6	1015.6
	<u>881.6</u>	<u>374.1</u>	<u>358.6</u>	<u>8250.2</u>
Aver.	<u>126.</u>	<u>53.4</u>	<u>51.2</u>	<u>1178.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 45. G-Father.</u>				
1.	201.25	40.5	20.	1147.
2.	184.55	45.8	25.4	1150.
3.	203.05	52.5	73.	1679.2
4.	187.	50.	18.4	1113.6
5.	157.5	43.	17.6	960.4
6.	197.3	58.	78.5	1727.7
7.	<u>197.3</u>	<u>58.</u>	<u>78.5</u>	<u>1727.7</u>
	1327.9	347.8	311.4	9505.6
Aver.	<u>189.7</u>	<u>49.7</u>	<u>44.5</u>	<u>1358.</u>

<u>B 45. G.-Father.</u>				
1.	239.25	51.	33.5	1462.5
2.	256.25	63.3	37.2	1613.
3.	262.	57.8	31.7	1564.5
4.	200.5	53.	25.7	1245.3
5.	269.95	58.	63.2	1880.6
6.	189.	52.	24.7	1186.3
7.	<u>195.95</u>	<u>50.5</u>	<u>65.2</u>	<u>1572.6</u>
	1612.9	385.6	281.2	10524.8
Aver.	<u>230.4</u>	<u>55.1</u>	<u>40.1</u>	<u>1503.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 45. G.-Mother.</u>				
1.	207.	41.	20.5	1176.5
2.	196.	46.8	26.4	1208.8
3.	203.05	52.5	73.	1679.2
4.	187.	50.	18.4	1113.6
5.	187.	44.	12.4	1035.6
6.	197.3	58.	78.5	1727.7
7.	<u>197.3</u>	<u>58.</u>	<u>78.5</u>	<u>1727.7</u>
	1374.6	350.3	307.7	9669.1
Aver.	<u>196.4</u>	<u>50.</u>	<u>43.9</u>	<u>1381.3</u>

<u>B 45. G.-Mother.</u>				
1.	239.5	46.5	24.5	1364.5
2.	267.75	64.3	38.2	1672.
3.	262.	57.8	31.7	1564.5
4.	200.5	53.	25.7	1245.3
5.	234.2	50.5	63.7	1712.1
6.	209.5	53.	25.7	1281.3
7.	<u>213.2</u>	<u>52.</u>	<u>66.7</u>	<u>1661.1</u>
	1626.6	377.1	276.2	10500.8
Aver.	<u>232.4</u>	<u>53.8</u>	<u>39.4</u>	<u>1500.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 45. G.-Son.</u>				
1.	278.	66.	33.5	1677.5
2.	269.	67.8	39.8	1705.4
3.	209.4	68.	100.5	2014.1
4.	240.	59.	25.7	1427.3
5.	187.	50.	18.4	1113.6
6.	256.65	76.5	107.3	2298.3
7.	256.65	76.5	107.3	2298.3
	<hr/>	<hr/>	<hr/>	<hr/>
	1696.7	463.8	432.5	12534.5
Aver.	<u>242.4</u>	<u>66.2</u>	<u>61.8</u>	<u>1790.6</u>

<u>B 45. G.-Son.</u>				
1.	256.5	43.5	31.	1479.
2.	344.5	83.8	52.	2181.2
3.	267.75	74.3	44.2	1766.
4.	379.5	107.8	47.3	2374.9
5.	293.7	64.5	76.	2116.8
6.	306.5	91.	29.8	1858.2
7.	<u>301.95</u>	<u>68.5</u>	<u>79.8</u>	<u>2200.</u>
	2150.4	533.4	360.1	13976.1
Aver.	<u>307.2</u>	<u>76.2</u>	<u>51.4</u>	<u>1996.6</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 46. Father.</u>				
1.	160.5	74.85	59.5	1476.9
2.	160.5	85.6	48.4	1420.
3.	160.5	70.85	49.75	1373.15
4.	160.5	75.6	42.4	1326.
5.	160.5	85.6	48.4	1420
6.	163.5	85.6	47.9	1427.1
7.	<u>228.25</u>	<u>69.8</u>	<u>50.7</u>	<u>1648.5</u>
	1194.2	547.9	347.	10092.
Aver.	<u>170.6</u>	<u>78.3</u>	<u>49.5</u>	<u>1441.7</u>

<u>B 46. Father.</u>				
1.	231.25	93.3	50.6	1753.6
2.	262.	96.8	60.9	1983.3
3.	312.	112.6	76.9	2390.5
4.	299.	94.3	62.7	2137.5
5.	337.	106.8	68.7	2393.5
6.	255.825	116.	93.5	2328.8
7.	<u>340.</u>	<u>100.3</u>	<u>76.7</u>	<u>2451.5</u>
	2037.	720.1	490.	15438.7
Aver.	<u>291.</u>	<u>102.9</u>	<u>70.</u>	<u>2205.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 46. Mother.</u>				
1.	446.05	104.3	85.9	2974.5
2.	303.6	66.	48.9	1918.3
3.	301.6	69.25	55.95	1986.95
4.	272.85	76.	58.9	1925.5
5.	275.6	54.5	48.3	1755.1
6.	309.85	80.1	62.2	2119.6
7.	<u>212.2</u>	<u>69.</u>	<u>115.9</u>	<u>2167.9</u>
	2121.7	519.1	476.	14847.8
Aver.	<u>303.1</u>	<u>74.1</u>	<u>68.</u>	<u>2121.1</u>

<u>B 46. Mother.</u>				
1.	291.85	83.2	46.1	1915.1
2.	305.85	81.2	56.4	2055.8
3.	305.85	81.2	62.4	2109.8
4.	304.75	86.2	59.5	2099.3
5.	332.35	67.2	59.4	2132.8
6.	296.175	90.2	79.7	2262.8
7.	<u>356.85</u>	<u>76.7</u>	<u>56.7</u>	<u>2244.5</u>
	2193.6	565.9	420.2	14820.1
Aver.	<u>313.3</u>	<u>80.8</u>	<u>60.</u>	<u>2117.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 46. Daughter.</u>				
1.	445.8	105.7	106.8	3167.2
2.	392.6	93.5	72.2	2594.2
3.	405.6	81.75	75.25	2626.25
4.	320.85	85.	67.1	2227.3
5.	353.85	88.5	80.6	2494.8
6.	291.1	74.1	69.5	2086.3
7.	<u>311.2</u>	<u>82.</u>	<u>128.2</u>	<u>2726.6</u>
	2521.	610.5	599.6	17923.
Aver.	<u>360.1</u>	<u>87.2</u>	<u>85.6</u>	<u>2560.4</u>

<u>B 46. Daughter.</u>				
1.	265.85	64.2	51.2	1781.
2.	329.85	95.7	69.5	2327.7
3.	329.85	79.7	71.7	2283.5
4.	255.	62.5	50.5	1724.5
5.	356.35	81.7	72.7	2406.5
6.	289.675	69.2	76.	2119.95
7.	<u>412.6</u>	<u>90.2</u>	<u>67.</u>	<u>2614.2</u>
	2239.1	543.2	458.6	15256.9
Aver.	<u>319.9</u>	<u>77.6</u>	<u>65.5</u>	<u>2179.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 47. Husband.</u>				
1.	553.05	173.	120.	3984.2
2.	619.25	168.9	130.7	4328.9
3.	566.5	166.2	81.	3659.8
4.	650.25	170.1	119.45	4356.45
5.	680.55	193.3	114.	4521.4
6.	522.	136.6	83.5	3385.9
7.	<u>649.5</u>	<u>165.9</u>	<u>116.65</u>	<u>4311.45</u>
	4241.1	1174.	765.3	28548.1
Aver.	<u>605.9</u>	<u>167.7</u>	<u>109.3</u>	<u>4078.3</u>

<u>B 47. Husband.</u>				
1.	687.5	219.6	134.3	4837.1
2.	559.	130.4	123.2	3864.4
3.	808.25	185.9	130.8	5153.8
4.	665.	183.6	151.6	4758.8
5.	726.3	158.9	136.3	4767.5
6.	681.75	156.65	144.15	4650.95
7.	<u>734.9</u>	<u>201.4</u>	<u>114.9</u>	<u>4779.3</u>
	4862.7	1236.4	935.2	32813.85
Aver.	<u>694.7</u>	<u>176.6</u>	<u>133.6</u>	<u>4687.7</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 47. Wife.</u>				
1.	385.55	108.8	55.65	2478.25
2.	369.25	115.7	71.45	2582.85
3.	254.	88.6	41.75	1746.15
4.	403.	98.5	82.8	2751.2
5.	368.55	101.6	74.25	2548.85
6.	347.	100.8	51.5	2254.7
7.	<u>428.75</u>	<u>102.5</u>	<u>53.45</u>	<u>2606.05</u>
	2556.1	716.5	430.8	16968.
Aver.	<u>365.1</u>	<u>102.3</u>	<u>61.5</u>	<u>2424.</u>

<u>B 47. Wife.</u>				
1.	330.	116.1	64.25	2362.65
2.	391.75	121.4	58.5	2579.1
3.	436.	100.2	70.7	2781.1
4.	367.25	89.1	68.3	2440.1
5.	467.3	99.4	80.8	2994.
6.	428.7	101.6	96.45	2989.25
7.	<u>407.2</u>	<u>137.6</u>	<u>77.05</u>	<u>2872.65</u>
	2828.2	765.4	516.	19018.85
Aver.	<u>404.</u>	<u>109.3</u>	<u>73.7</u>	<u>2717.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 48. Mother.</u>				
1.	90.25	36.15	37.5	843.1
2.	62.75	21.8	29.5	603.7
3.	103.75	39.3	39.5	927.7
4.	109.5	39.8	40.	957.2
5.	98.75	46.	36.5	907.5
6.	118.75	45.1	41.8	1031.6
7.	<u>136.25</u>	<u>51.1</u>	<u>51.9</u>	<u>1216.5</u>
	720.	279.2	276.7	6487.3
Aver.	<u>102.8</u>	<u>39.9</u>	<u>39.5</u>	<u>926.7</u>

<u>B 48. Mother.</u>				
1.	191.5	54.5	92.3	1814.7
2.	313.45	99.5	97.85	2532.45
3.	211.95	81.65	94.2	2022.2
4.	95.5	104.55	90.7	1616.5
5.	135.5	90.3	65.2	1490.
6.	114.	57.6	66.4	1284.
7.	<u>99.5</u>	<u>55.1</u>	<u>52.6</u>	<u>1091.8</u>
	1161.4	543.2	559.2	11851.6
Aver.	<u>166.</u>	<u>77.6</u>	<u>79.9</u>	<u>1693.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 48. Thomas.</u>				
1.	449.75	115.4	117.4	3317.2
2.	340.45	96.6	163.15	3216.55
3.	366.75	112.1	89.3	2719.1
4.	334.75	101.4	77.4	2441.2
5.	311.7	122.3	117.2	2790.8
6.	291.75	79.4	80.2	2206.4
7.	<u>316.</u>	<u>89.6</u>	<u>99.1</u>	<u>2514.3</u>
	2411.1	716.8	743.7	19205.5
Aver.	<u>344.4</u>	<u>102.4</u>	<u>106.2</u>	<u>2743.6</u>

<u>B 48. Thomas.</u>				
1.	387.75	81.	132.05	3063.45
2.	361.95	125.8	139.95	3210.55
3.	308.05	130.5	130.	2924.2
4.	256.75	96.05	85.9	2184.3
5.	311.75	105.6	77.4	2366.
6.	306.75	98.6	95.8	2483.6
7.	<u>327.75</u>	<u>99.9</u>	<u>108.65</u>	<u>2688.45</u>
	2260.7	737.4	769.1	18920.55
Aver.	<u>322.9</u>	<u>105.3</u>	<u>109.9</u>	<u>2703.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 48. James.</u>				
1.	443.75	102.5	108.15	3158.35
2.	419.95	105.	159.45	3534.85
3.	354.25	89.6	64.6	2356.8
4.	381.25	107.9	85.85	2729.25
5.	395.25	112.4	71.4	2673.2
6.	319.25	76.9	70.	2214.6
7.	<u>330.75</u>	<u>89.1</u>	<u>83.35</u>	<u>2429.55</u>
	2644.4	683.4	642.8	19096.6
Aver.	<u>377.7</u>	<u>97.6</u>	<u>91.8</u>	<u>2728.1</u>

<u>B 48. James.</u>				
1.	281.	67.5	113.25	2413.25
2.	449.7	121.05	144.6	3584.4
3.	332.95	99.	97.	2600.8
4.	320.25	96.55	78.9	2377.3
5.	400.5	110.1	77.4	2739.
6.	263.	82.9	61.2	1934.4
7.	<u>360.7</u>	<u>106.9</u>	<u>109.9</u>	<u>2859.5</u>
	2408.1	684.	682.2	18508.6
Aver.	<u>344.</u>	<u>97.7</u>	<u>97.4</u>	<u>2644.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 48.</u> <u>Mary.</u>				
1.	367.25	81.4	94.2	2642.4
2.	369.95	96.	145.45	3172.85
3.	365.25	81.6	60.6	2332.8
4.	350.25	100.9	69.3	2428.3
5.	315.	74.6	51.9	2025.5
6.	288.25	69.9	66.	2026.6
7.	<u>285.5</u>	<u>81.6</u>	<u>83.35</u>	<u>2218.55</u>
	2341.4	586.	570.8	16847.
Aver.	<u>334.5</u>	<u>83.7</u>	<u>81.5</u>	<u>2406.7</u>

<u>B 48.</u> <u>Mary.</u>				
1.	257.	63.	124.75	2402.75
2.	392.15	102.15	135.75	3198.95
3.	346.4	93.6	94.6	2611.4
4.	278.7	88.65	76.3	2156.1
5.	257.95	82.7	57.3	1878.3
6.	309.95	84.	62.5	2138.3
7.	<u>309.9</u>	<u>95.5</u>	<u>100.7</u>	<u>2527.9</u>
	2152.	609.6	651.	16913.7
Aver.	<u>307.4</u>	<u>87.1</u>	<u>93.1</u>	<u>2416.2</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 48. Ronald.</u>				
1.	315.75	74.45	89.5	2366.3
2.	210.95	57.	95.2	1928.6
3.	243.45	63.6	46.8	1649.4
4.	258.	63.7	53.8	1771.
5.	217.	60.4	48.8	1548.8
6.	140.2	52.9	85.5	1541.9
7.	<u>135.5</u>	<u>56.9</u>	<u>60.3</u>	<u>1312.3</u>
	1520.8	428.9	479.9	12118.3
Aver.	<u>217.2</u>	<u>61.2</u>	<u>68.5</u>	<u>1731.2</u>

<u>B 48. Ronald.</u>				
1.	268.5	69.2	119.6	2427.2
2.	302.6	80.65	92.7	2367.3
3.	309.	71.45	52.6	1995.2
4.	291.	78.15	74.4	2146.2
5.	363.	69.7	62.1	2289.7
6.	185.5	54.	56.9	1470.1
7.	<u>240.6</u>	<u>88.2</u>	<u>102.1</u>	<u>2234.1</u>
	1960.2	511.3	560.4	14929.8
Aver.	<u>280.</u>	<u>73.</u>	<u>80.</u>	<u>2132.8</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 49.</u> <u>Father.</u>				
1.	367.05	108.1	121.85	2997.25
2.	427.95	121.3	127.5	3344.5
3.	393.75	114.3	91.7	2858.3
4.	393.4	154.95	90.6	3008.8
5.	300.25	88.8	66.5	2154.7
6.	350.25	83.4	77.6	2433.
7.	<u>326.75</u>	<u>79.8</u>	<u>81.5</u>	<u>2359.7</u>
	2559.4	750.6	657.2	19156.2
Aver.	<u>365.6</u>	<u>107.2</u>	<u>94.</u>	<u>2736.6</u>

<u>B 49.</u> <u>Father.</u>				
1.	510.75	120.	110.2	3514.8
2.	458.75	118.4	85.95	3082.15
3.	297.7	102.6	89.5	2406.7
4.	419.75	105.8	75.45	2781.25
5.	349.95	89.4	81.8	2493.6
6.	312.15	134.3	136.7	3016.1
7.	<u>465.75</u>	<u>110.6</u>	<u>84.25</u>	<u>3063.65</u>
	2814.8	781.1	663.8	20358.25
Aver.	<u>402.1</u>	<u>111.6</u>	<u>94.8</u>	<u>2908.3</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 49. Mother.</u>				
1.	261.55	81.85	84.6	2135.
2.	260.45	91.8	91.1	2228.9
3.	270.95	64.3	56.6	1850.4
4.	230.4	97.45	54.6	1802.8
5.	178.25	62.8	45.05	1369.65
6.	212.25	59.65	52.8	1562.8
7.	<u>198.75</u>	<u>58.3</u>	<u>65.65</u>	<u>1619.05</u>
	1612.6	516.1	450.4	12568.6
Aver.	<u>230.3</u>	<u>73.7</u>	<u>64.3</u>	<u>1795.5</u>

<u>B 49. Mother.</u>				
1.	351.75	84.	90.4	2556.6
2.	329.75	81.9	67.6	2255.
3.	245.95	83.8	65.3	1906.7
4.	321.25	84.3	53.3	2101.9
5.	254.45	72.9	61.2	1860.2
6.	213.95	77.8	78.55	1873.95
7.	<u>324.25</u>	<u>73.1</u>	<u>59.2</u>	<u>2122.2</u>
	2041.3	557.8	475.5	14676.55
Aver.	291.6	79.7	67.9	2096.6

	CHO.	PROT.	FAT.	CALORIES.
A 49. Daughter.				
1.	203.05	54.5	63.15	1598.55
2.	256.6	51.1	50.65	1686.75
3.	227.55	56.	48.6	1571.6
4.	170.55	67.75	44.5	1353.5
5.	192.2	32.	43.45	1287.85
6.	218.	49.05	35.25	1385.45
7.	<u>197.325</u>	<u>54.75</u>	<u>37.75</u>	<u>1348.05</u>
	1465.2	365.1	323.3	10231.7
Aver.	<u>209.3</u>	<u>52.1</u>	<u>46.2</u>	<u>1461.7</u>

B 49. Daughter.				
1.	307.25	56.95	45.25	1864.05
2.	235.	55.7	51.	1621.8
3.	202.95	56.	40.15	1397.15
4.	199.7	63.8	57.4	1570.6
5.	206.45	54.35	48.4	1478.8
6.	208.3	57.45	66.8	1664.2
7.	<u>230.7</u>	<u>52.8</u>	<u>49.4</u>	<u>1578.6</u>
	1590.3	397.	358.4	11175.2
Aver.	<u>227.2</u>	<u>56.7</u>	<u>51.2</u>	<u>1596.4</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 49.</u> <u>Son.</u> (Same as daughter).				
1.	203.05	54.5	63.15	1598.55
2.	256.6	51.1	50.65	1686.75
3.	227.55	56.	48.6	1571.6
4.	170.5	67.75	44.5	1353.5
5.	192.2	32.	43.45	1287.85
6.	218.	49.05	35.25	1386.45
7.	<u>197.325</u>	<u>54.75</u>	<u>37.75</u>	<u>1348.05</u>
	1465.2	365.1	323.3	10231.7
Aver.	<u>209.3</u>	<u>52.1</u>	<u>46.2</u>	<u>1461.7</u>

<u>B 49.</u> <u>Son.</u>				
1.	306.5	59.75	48.75	1903.75
2.	244.	55.7	51.	1657.8
3.	202.2	58.8	43.65	1436.85
4.	199.7	63.8	57.4	1570.6
5.	206.45	51.35	44.9	1435.3
6.	209.05	54.65	63.3	1624.5
7.	<u>230.7</u>	<u>52.8</u>	<u>49.4</u>	<u>1578.6</u>
	1598.6	396.8	358.4	11207.4
Aver.	<u>228.3</u>	<u>56.7</u>	<u>51.2</u>	<u>1601.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 50.</u> <u>Husband.</u>				
1.	144.	88.3	51.95	1396.75
2.	189.25	80.6	53.85	1564.05
3.	252.05	102.4	53.7	1901.1
4.	216.	113.	53.9	1801.1
5.	199.25	84.3	61.4	1686.8
6.	182.25	85.1	63.6	1641.8
7.	<u>231.8</u>	<u>100.6</u>	<u>52.6</u>	<u>1803.</u>
	1414.6	654.3	391.	11794.6
Aver.	<u>202.1</u>	<u>93.5</u>	<u>55.8</u>	<u>1685.</u>

<u>B 50.</u> <u>Husband.</u>				
1.	257.	62.	78.	1978.
2.	302.	74.3	50.4	1958.8
3.	293.5	72.9	77.2	2160.4
4.	260.25	65.5	44.2	1700.8
5.	261.5	92.8	64.3	1995.9
6.	236.	81.5	77.	1963.
7.	<u>147.</u>	<u>53.3</u>	<u>46.5</u>	<u>1219.7</u>
	1757.2	502.3	437.6	12976.6
Aver.	251.	71.7	62.5	1853.8

	CHO.	PROT.	FAT.	CALORIES.
<u>A 50.</u> <u>Wife.</u>				
1.	278.	112.3	72.9	2217.3
2.	287.	81.3	63.2	2042.
3.	310.	94.5	45.4	2026.6
4.	263.	123.5	68.2	2159.8
5.	276.	100.3	62.6	2068.6
6.	301.	95.6	66.5	2184.9
7.	<u>298.8</u>	<u>107.6</u>	<u>47.5</u>	<u>2053.1</u>
	2013.8	715.1	426.3	14752.3
Aver.	<u>287.7</u>	<u>102.1</u>	<u>60.9</u>	<u>2107.5</u>

<u>B 50.</u> <u>Wife.</u>				
1.	247.	62.	78.	1938.
2.	292.	74.3	50.4	1918.8
3.	283.5	72.9	77.2	2120.4
4.	250.25	65.5	44.2	1660.8
5.	251.5	92.8	64.3	1955.9
6.	226.	81.5	77.	1923.
7.	<u>137.</u>	<u>53.3</u>	<u>46.5</u>	<u>1179.7</u>
	1687.2	502.3	437.6	12696.6
Aver.	<u>241.</u>	<u>71.7</u>	<u>62.5</u>	<u>1813.8</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A. 51. Mother.</u>				
1.	133.	54.4	42.9	1135.7
2.	170.	58.3	43.6	1305.6
3.	141.05	55.6	46.9	1208.7
4.	145.275	77.	83.9	1644.2
5.	168.25	56.9	50.9	1358.1
6.	142.3	52.6	105.9	1732.7
7.	<u>173.</u>	<u>57.5</u>	<u>53.</u>	<u>1399.</u>
	1072.8	412.3	427.1	9784.6
Aver.	<u>153.2</u>	<u>58.9</u>	<u>61.</u>	<u>1397.8</u>

B 51. Mother.

1.	201.3	68.9	47.6	1509.2
2.	98.5	55.4	49.4	1060.2
3.	145.5	48.35	48.75	1214.15
4.	187.2	52.3	80.8	1685.2
5.	166.5	65.5	67.6	1536.4
6.	153.075	72.9	64.6	1485.3
7.	<u>147.</u>	<u>59.1</u>	<u>45.8</u>	<u>1236.6</u>
	1099.	422.4	404.5	9727.
Aver.	<u>157.</u>	<u>60.3</u>	<u>57.8</u>	<u>1389.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 51.</u> <u>Son 1.</u>				
1.	324.25	107.2	106.9	2687.9
2.	328.	155.6	96.3	2801.1
3.	262.8	80.7	61.9	1931.1
4.	240.7	119.5	132.2	2630.6
5.	269.75	95.3	101.4	2372.8
6.	309.9	139.	196.1	3560.5
7.	<u>272.75</u>	<u>87.9</u>	<u>107.7</u>	<u>2411.9</u>
	2008.1	785.2	802.5	18395.9
Aver.	<u>287.</u>	<u>112.1</u>	<u>114.6</u>	<u>2628.</u>

<u>B 51.</u> <u>Son 1.</u>				
1.	314.8	130.	94.5	2629.7
2.	265.	112.9	113.5	2533.1
3.	246.25	72.15	75.65	1954.45
4.	290.45	77.1	106.6	2429.6
5.	253.5	92.4	66.	1977.6
6.	365.05	109.4	96.8	2769.
7.	<u>308.5</u>	<u>113.4</u>	<u>86.7</u>	<u>2467.9</u>
	2043.5	707.3	639.7	16761.35
Aver.	<u>292.</u>	<u>101.</u>	<u>91.4</u>	<u>2394.5</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 51. Son 2.</u>				
1.	315.5	106.2	97.4	2563.4
2.	316.5	148.6	89.3	2664.1
3.	298.05	95.5	81.9	2311.3
4.	228.95	117.5	131.7	2571.1
5.	317.5	109.6	107.2	2673.2
6.	312.15	140.5	197.9	3591.7
7.	<u>302.5</u>	<u>92.9</u>	<u>115.45</u>	<u>2620.65</u>
	2091.1	810.8	820.8	18995.45
Aver.	<u>298.7</u>	<u>115.8</u>	<u>117.2</u>	<u>2713.6</u>

<u>B 51. Son 2.</u>				
1.	307.8	107.4	83.4	2411.4
2.	223.	110.5	114.6	2365.4
3.	249.	78.05	82.45	2050.25
4.	359.7	90.6	123.7	2914.5
5.	297.25	52.8	39.5	1755.7
6.	286.8	97.7	85.	2303.
7.	<u>309.75</u>	<u>113.5</u>	<u>87.2</u>	<u>2477.8</u>
	2033.3	650.5	615.8	16278.
Aver.	<u>290.5</u>	<u>92.9</u>	<u>88.</u>	<u>2325.4</u>

	CHO.	PROT.	FAT.	CALORIES.
<u>A 52. Jack.</u>				
1.	403.	99.25	97.7	2888.3
2.	297.	82.8	94.1	2366.1
3.	385.	114.3	112.8	3012.4
4.	383.2	94.3	109.4	2894.6
5.	330.15	133.05	91.8	2679.
6.	322.5	100.	98.8	2579.2
7.	<u>305.75</u>	<u>119.5</u>	<u>109.1</u>	<u>2682.9</u>
	2426.6	743.2	713.7	19102.5
Aver.	<u>346.6</u>	<u>106.1</u>	<u>101.9</u>	<u>2729.</u>

B 52. 19 Inmates.

1.	504.7	114.8	138.65	3725.85
2.	454.5	131.6	85.2	3111.2
3.	372.	124.75	120.75	3073.75
4.	454.3	124.9	166.6	3816.2
5.	450.2	111.3	106.2	3201.8
6.	393.2	86.8	127.95	3071.55
7.	<u>387.</u>	<u>115.</u>	<u>102.7</u>	<u>2932.3</u>
	3015.9	809.1	848.	22932.6
Aver.	<u>430.8</u>	<u>115.6</u>	<u>121.1</u>	<u>3276.1</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 52.</u> <u>Fox.</u>				
1.	307.55	108.3	101.2	2574.2
2.	303.25	128.05	116.1	2770.1
3.	318.75	105.	134.6	2906.4
4.	395.55	134.1	119.2	3191.4
5.	313.	98.5	103.3	2575.7
6.	333.	114.25	110.6	2784.4
7.	<u>236.5</u>	<u>113.75</u>	<u>90.6</u>	<u>2216.4</u>
	2207.6	801.9	775.6	19018.6
Aver.	<u>315.4</u>	<u>114.5</u>	<u>110.8</u>	<u>2717.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 52.</u> <u>Stephens.</u>				
1.	310.3	107.3	106.7	2630.7
2.	276.5	123.05	112.6	2611.6
3.	313.	104.5	134.1	2876.9
4.	368.55	130.1	108.4	2970.2
5.	307.25	98.	102.8	2546.2
6.	338.75	114.75	111.1	2813.9
7.	<u>248.</u>	<u>114.75</u>	<u>91.6</u>	<u>2275.4</u>
	2162.3	792.4	767.3	18724.9
Aver.	<u>308.9</u>	<u>113.2</u>	<u>109.6</u>	<u>2675.</u>

	<u>CHO.</u>	<u>PROT.</u>	<u>FAT.</u>	<u>CALORIES.</u>
<u>A 52. 16 Inmates.</u>				
1.	624.5	130.25	111.95	4026.55
2.	684.1	162.6	136.9	4618.9
3.	636.7	160.25	123.55	4299.75
4.	639.55	143.1	158.25	4554.85
5.	672.75	173.3	147.45	4711.25
6.	642.95	156.3	140.45	4461.05
7.	<u>610.5</u>	<u>124.3</u>	<u>93.2</u>	<u>3778.</u>
	4511.	1050.1	911.7	30450.3
Aver.	<u>644.4</u>	<u>150.</u>	<u>130.2</u>	<u>4350.</u>

A 1.		<u>Carbohydrate.</u>	<u>Protein.</u>	<u>Fat.</u>	<u>Calories.</u>
	F.	396.4	103.7	127.	3141.3
	M	255.4	58.	76.	1938.
	S.1.	452.4	99.5	149.	3545.
	D.	315.	69.3	85.9	2310.3
	S.2.	267.	64.2	66.1	1920.3
	S.3.	180.5	41.1	63.3	1457.
Man Value		1866.7	435.8	567.3	14311.9
5.03		371.	86.	112.	2845.
		52%	12%	35%	

B 1.	F.	357.	96.1	81.8	2548.4
	M.	228.	50.3	52.	1581.3
	S.1.	455.1	99.3	84.4	2977.1
	D.	342.7	87.9	82.1	2462.1
	S.2.	385.7	79.9	62.7	2427.3
	S.3.	208.	41.5	44.4	1397.7
Man Value		1976.5	455.	407.4	13393.9
5.03		393.	90.	81.	2663.
		59%	13%	27%	

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 2.				
F.	329.	99.7	123.2	2825.8
M.	243.	75.7	89.	2075.3
S.1.	186.4	60.5	65.7	1578.4
S.2.	132.6	32.1	27.6	907.9
Man value 2.53	891.	268.	305.5	7387.4
	352. 48%	106. 14%	120. 37%	2919.

B 2.				
F.	375.6	104.4	117.4	2977.4
M.	263.6	82.4	92.6	2217.8
S.1.	233.7	56.7	57.9	1683.5
S.2.	182	40.2	50.8	1346.6
Man Value 2.63	1054.9	283.7	318.7	8225.3
	401. 51%	107. 13%	121. 35%	3127.

A 3. H.	324.2	88.6	77.	2344.3
W.	262.8	67.2	47.	1743.
Man Value 1.83	587.	155.8	124.	4087.3
	320. 57%	85. 15%	67. 27%	2233.

B 3. H.	281.1	83.6	66.5	2057.8
W.	268.9	90.1	64.9	2019.8
Man Value 1.83	550.	173.7	131.4	4077.6
	300. 54%	95. 16%	71. 29%	2222.

		<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 4.	F.	447.	116.5	106.3	3211.5
	M.	217.6	79.	79.3	1900.5
	Jan.	244.9	84.	86.	2090.
	John	338.5	113.1	115.	2841.7
	Isob.	267.7	81.7	86.3	2175.
	Arch.	346.5	102.2	101.1	2705.5
	Man Value	1862.2	576.5	574.	14924.2
	5.49	339.	105.	104.	2718.
		49%	15%	35%	
B 4.	F.	390.7	112.4	119.9	3091.5
	M.	257.	69.7	73.3	1967.6
	Jan.	235.	66.9	92.6	2040.5
	John	321.6	109.1	118.3	2787.2
	Isob.	293.6	72.8	78.6	2173.3
	Arch.	376.	102.6	98.8	2804.2
	Man Value	1873.9	533.5	581.5	14864.3
	5.49	341.	97.	106.	2707.
		50%	14%	35%	
A 5.	F.	248.9	93.2	63.6	1941.8
	M.	170.1	57.4	42.	1288.5
	D.	180.6	53.7	44.	1333.
	G.D.	173.9	77.	63.3	1573.4
	Man Value	773.5	281.3	212.9	6136.7
	3.49	221.	80.	61.	1758.
		50%	18%	31%	
B 5.	F.	276.7	112.5	105.7	2507.9
	M.	146.2	47.4	49.3	1218.2
	D.	220.4	65.5	58.3	1669.3
	G.-D.	210.3	75.2	59.3	1676.4
	Man Value	853.6	300.6	272.6	7071.8
	3.49	244.	86.	78.	2026.
		48%	17%	34%	

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 6.				
F.	247.8	88.7	84.7	2108.1
M.	192.9	71.1	52.1	1525.
S.	545.	139.	131.8	3921.5
D.	199.7	58.5	56.2	1539.1
Man Value	1185.4	357.3	324.8	9093.7
3.53				
	333.	101.	92.	2576.
	52%	15%	32%	

B 6.				
F.	261.	86.7	88.3	2186.3
M.	175.	61.9	58.	1469.5
S.	512.2	129.4	121.2	3658.2
D.	178.7	39.8	48.8	1314.2
Man Value	1126.9	317.8	316.3	8628.2
3.53				
	319.	90.	89.	2444.
	52%	15%	33%	

A 7.				
M.	178.5	56.6	42.	1319.
D.	245.2	79.9	97.	2174.
Man Value	423.7	136.5	139.	3493.
1.66				
	255.	82.	83.	2104.
	49%	15%	35%	

B 7.				
M.	115.8	48.9	36.4	986.6
D.	327.3	74.3	56.6	2116.6
Man Value	443.1	123.2	93.	3103.2
1.66				
	267.	74.	56.	1869.
	57%	16%	27%	

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 8.				
F.	668.6	122.7	68.2	3780.
M.	344.4	61.1	38.	1964.5
S.	182.6	54.	55.	1441.
Man Value 2.33	1195.6	237.8	161.2	7185.5
	513. 66%	102. 13%	69. 20%	3084.

B 8.				
F.	551.	130.6	86.4	3504.
M.	342.8	78.1	51.9	2150.6
S.	228.3	67.2	54.6	1674.2
Man Value 2.33	1122.1	275.9	192.9	7328.8
	481. 61%	118. 15%	82. 23%	3145.

A 9.				
F.	268.7	103.8	107.7	2461.
M.	227.	78.3	70.6	1857.
D.	285.6	96.6	92.6	2363.
Man Value 2.66	781.3	278.7	270.9	6681.
	293. 47%	104. 16%	101. 36%	2511.

B 9.				
F.	261.3	78.6	85.3	2127.4
M.	261.3	78.6	85.3	2127.4
D.	261.3	78.6	85.3	2127.4
Man Value 2.66	783.9	235.8	255.9	6382.2
	294. 50%	88. 15%	96. 35%	2399.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 10.				
F.	390.6	110.7	90.8	2822.8
M.	252.7	83.3	61.2	1896.
Wm.	311.1	76.4	92.2	2380.9
John	381.4	94.8	90.1	2717.2
Cyril	389.	101.	87.2	2745.5
Thos.	315.6	72.9	61.6	2109.
Don.	312.1	81.2	78.1	2275.9
Geo.	206.7	55.1	57.	1560.4
Cam.	366.8	85.5	78.	2511.5
Margt.	318.5	57.2	60.9	2050.7
Ella	257.	68.1	59.7	1837.8
Man Value	3501.5	886.2	816.8	24907.7
9.46	370.	93.	86.	2633.
	56%	14%	29%	

B 10.				
F.	369.	97.8	88.6	2664.7
M.	241.9	75.1	52.1	1737.6
Wm.	305.2	80.4	90.2	2354.2
John	385.6	90.3	95.	2757.4
Cyril	390.2	93.4	79.5	2650.7
Thos.	331.1	82.5	78.6	2362.4
Don.	304.2	85.1	73.1	2215.
Geo.	214.4	57.5	54.7	1580.5
Cam.	328.5	84.	88.	2442.5
Margt.	288.	53.4	57.1	1879.9
Ella	270.8	64.8	54.	1828.3
Man Value	3428.9	864.3	810.9	24473.2
9.46	362.	91.	85.	2587.
	56%	14%	29%	

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 11.				
F.	258.1	84.5	90.5	2185.
M.	178.5	62.2	62.2	1523.
S.	336.	94.9	119.2	2795.8
D.1	261.9	68.1	80.9	2048.3
D.2	<u>260.2</u>	<u>70.7</u>	<u>82.7</u>	<u>2068.7</u>
Man Value 4.49	1294.7	380.4	435.5	10620.8
	288. 48%	84. 14%	97. 37%	2365.

B 11.				
F.	241.9	87.	100.1	2216.
M.	185.1	69.5	62.9	1585.2
S.	321.9	93.7	104.4	2603.
D.1	305.6	79.5	76.3	2227.6
D.2	<u>302.7</u>	<u>83.2</u>	<u>79.9</u>	<u>2263.5</u>
Man Value 4.49	1357.2	412.9	423.6	10895.3
	302. 49%	92. 15%	94. 35%	2426.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 12.				
G.-F.	266.8	100.2	94.7	2321.2
G.-M.	226.6	72.7	64.3	1776.2
C.1	205.1	50.2	52.3	1491.5
C.2	205.1	50.2	52.3	1491.5
M.	232.1	74.8	71.1	1867.5
F.	280.9	96.1	100.9	2416.7
Man Value	1416.6	444.2	435.6	11364.6
4.56	310.	97.	95.	2492.
	50%	15%	34%	

B 12.				
G.-F.	332.1	107.3	96.	2622.5
G.-M.	231.6	77.7	67.5	1844.4
C.1	212.2	46.5	37.	1367.
C.2	212.2	46.5	37.	1367.
M.	267.	79.	69.5	2010.2
F.	349.5	106.2	104.	2759.1
Man Value	1604.6	463.2	411.	11970.2
4.66	351.	101.	90.	2625.
	53%	15%	31%	

A 13.				
F.	219.4	75.9	83.2	1930.5
M.	398.8	107.9	85.5	2797.2
S.	90.3	26.1	28.1	719.
Man Value	708.5	209.9	196.8	5446.7
2.23	317.	94.	88.	2442.
	52%	15%	32%	

B 13.				
F.	352.6	103.7	86.2	2601.2
M.	328.	91.7	80.8	2406.
S.	101.9	32.9	36.2	865.3
Man Value	782.5	228.3	203.2	5872.5
2.23	360.	102.	91.	2633.
	54%	15%	31%	

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 14.				
F.	248.5	71.3	57.4	1796.1
M.	235.1	67.9	60.5	1757.
D.	279.	78.	72.5	2081.
Man Value 2.66	762.6	217.2	190.4	5634.1
	286. 54%	81. 15%	71. 30%	2118.

B 14.				
F.	273.4	85.2	74.5	2103.4
M.	262.2	88.1	79.	2113.
D.	327.8	94.	85.5	2456.6
Man Value 2.66	863.4	267.3	239.	6673.
	324. 51%	100. 16%	90. 32%	2508.

A 15.				
G.-F.	414.9	115.5	95.7	2983.
G.-M.	329.5	75.7	68.8	2240.5
F.	307.	70.5	83.8	2265.
M.	227.8	55.5	63.6	1706.
D.	121.2	38.7	43.7	1033.1
Man Value 4.16	1400.4	355.9	355.6	10227.6
	336. 54%	85. 14%	85. 31%	2458.

B 15.				
G.-F.	418.8	119.	98.7	3039.1
G.-M.	321.6	79.	71.8	2248.3
F.	357.2	87.3	79.8	2496.3
M.	332.6	81.3	70.8	2293.1
D.	164.3	43.5	39.7	1188.8
Man Value 4.16	1594.5	410.1	360.8	11265.6
	383. 56%	98. 14%	86. 29%	2708.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 16.				
F.	313.5	116.4	107.1	2683.5
M.	218.6	79.3	74.8	1865.5
D.	180.	65.7	59.1	1515.1
L.1	324.4	118.2	109.	2750.5
L.2	249.5	101.2	88.1	2196.
Man Value	1286.	480.8	438.1	11010.6
4.26	301. 47%	112. 17%	102. 35%	2584.

B 16.				
F.	410.2	125.4	121.6	3237.2
M.	268.1	75.9	65.9	1969.7
D.	237.6	75.6	69.4	1877.8
L.1	410.2	125.4	121.6	3237.2
L.2	268.1	75.9	65.9	1969.7
Man Value	1594.2	478.2	444.4	12291.6
4.26	374. 52%	112. 15%	104. 32%	2885.

A 17.				
D.	294.1	91.	89.5	2346.5
L.1	350.3	111.3	108.7	2825.2
L.2	420.3	128.1	129.3	3357.5
L.3	320.7	102.7	101.7	2609.3
M.	294.1	91.	89.5	2346.5
Man Value	1679.5	524.1	518.7	13485.
4.66	360. 50%	112. 15%	111. 34%	2893.

B 17.				
D.	317.1	96.4	110.9	2652.5
L.1	317.1	96.4	110.9	2652.5
L.2	317.1	96.4	110.9	2652.5
L.3	317.1	96.4	110.9	2652.5
M.	317.1	96.4	110.9	2652.5
Man Value	1585.5	482.	554.5	13262.5
4.66	340. 48%	103. 14%	119. 37%	2846.

A 18.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
MR.	196.8	76.4	66.7	1693.6
C.	310.9	87.1	89.9	2401.2
MR.	155.6	61.6	79.	1579.8
	<u>663.3</u>	<u>225.1</u>	<u>235.6</u>	<u>5674.6</u>
M V	278.	96.4	79.7	2215.5
Man Value	<u>941.3</u>	<u>321.5</u>	<u>315.3</u>	<u>7890.1</u>
3.49				
	269.	92.	90.	2260.
	48%	16%	36%	

B 18.

R.	226.7	84.5	69.7	1872.4
C.	275.5	87.7	73.9	2118.3
M.	260.2	88.3	76.1	2079.
	<u>762.4</u>	<u>260.5</u>	<u>219.7</u>	<u>6069.7</u>
M V	381.8	108.6	88.7	2759.8
Man Value	<u>1144.2</u>	<u>369.1</u>	<u>308.4</u>	<u>8829.5</u>
3.49				
	328.	106.	88.	2558.
	51%	17%	31%	

A 19.

F.	269.	73.2	61.5	1923.4
M.	240.7	69.	59.2	1771.7
D.1	211.4	54.2	42.9	1449.
D.2	203.3	61.8	57.8	1580.9
Man Value	<u>924.4</u>	<u>258.2</u>	<u>221.4</u>	<u>6725.</u>
3.46				
	267.	74.	63.	1943.
	55%	15%	30%	

B 19.

F.	330.1	87.1	79.8	2387.2
M.	275.9	81.	78.7	2136.5
D.1	264.1	78.2	75.	2045.1
D.2	282.7	82.9	77.2	2157.7
Man Value	<u>1152.8</u>	<u>329.2</u>	<u>310.7</u>	<u>8726.5</u>
3.46				
	333.	95.	89.	2522.
	52%	15%	32%	

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 20.				
F.	282.2	111.1	112.3	2584.3
S.1	282.2	111.1	112.3	2584.3
D.	259.8	90.	89.	2200.
S.2	282.2	111.1	112.3	2584.3
Man Value 3.83	1106.4	423.3	425.9	9952.9
	288. 44%	110. 17%	111. 38%	2598.

B 20.				
F.	328.3	102.2	102.9	2648.1
S.1	328.3	102.2	102.9	2648.1
D.	297.8	87.1	96.4	2407.5
S.2	267.2	83.5	90.6	2218.
Man Value 3.83	1221.6	375.	392.8	9921.7
	319. 49%	97. 15%	102. 35%	2590.

A 21.				
F.	399.5	118.7	106.	3027.8
M.	287.5	83.1	71.2	2123.7
G.	154.2	50.2	47.5	1245.4
Man Value 2.33	841.2	252.	224.7	6396.9
	361. 53%	108. 15%	96. 31%	2745.

B 21.				
F.	407.	105.8	110.5	3045.6
M.	309.6	81.8	80.9	2294.2
G.	201.	51.1	54.	1494.
Man Value 2.33	917.6	238.7	245.4	6833.8
	393. 53%	102. 14%	105. 32%	2933.

A 22.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
F.	162.5	82.9	85.9	1755.7
M.	171.1	59.6	61.3	1474.5
Jas.	259.1	110.8	104.5	2420.9
Eliz.	253.1	73.	74.5	1975.
Jean.	282.	73.1	72.7	2075.
Evelyn	203.1	69.5	67.	1693.8
Man Value	1330.9	468.9	465.9	11394.9
5.32	250.	88.	87.	2142.
	47%	16%	36%	

B 22.

F.	166.2	89.2	113.9	2047.5
M.	164.	65.7	60.9	1466.4
J.	267.	113.	113.9	2539.5
E.	275.4	86.1	91.2	2267.
Jean	288.5	82.9	78.5	2193.
Ev.	204.3	68.7	59.3	1625.5
Man Value	1365.4	505.6	517.7	12138.9
5.32	256.	95.	97.	2281.
	45%	17%	38%	

A 23.

M.	181.	61.2	61.8	1525.5
D.	221.8	63.	62.	1697.7
Man Value	402.8	124.2	123.8	3223.2
1.66	242.	74.	74.	1941.
	50%	15%	34%	

B 23.

M.	203.6	76.	85.	1885.9
D.	232.8	77.	86.3	2016.3
Man Value	436.4	153.	171.3	3902.2
1.66	263.	92.	103.	2350.
	45%	16%	39%	

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 24				
F.	317.8	77.1	60.8	2127.2
M.	292.1	73.2	57.1	1975.3
Jas.	317.8	77.3	60.8	2127.7
S.	256.8	64.2	49.2	1727.3
A.	283.7	69.4	52.5	1885.4
Al.	238.8	58.9	46.8	1611.9
B.	251.3	60.7	44.	1644.7
A.	187.7	44.7	37.5	1267.
J.	168.5	40.6	32.9	1133.7
Man Value 6.73	2314.5	566.1	441.6	15500.2
	344.	84.	65.	2303.
	59%	14%	26%	

B 24.				
F.	306.5	84.3	65.8	2155.5
M.	277.4	76.9	58.5	1944.
J.	235.2	80.3	66.9	1864.
S.	275.	65.3	48.	1793.3
A.	283.	74.3	54.3	1918.4
Al.	265.	69.9	52.8	1815.6
B.	250.7	60.1	46.5	1662.
A.	154.1	45.7	33.9	1104.2
J.	177.4	41.9	32.5	1169.6
Man Value 6.73	2224.3	598.7	459.2	15426.6
	330.	89.	68.	2292.
	58%	15%	26%	

		<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat.</u>	<u>Calories</u>
A 25.	C.B.	182.6	68.8	71.	1644.6
	M.	170.	45.9	54.3	1352.6
	G.	161.5	61.	62.9	1457.
	Man Value 2.66	514.1	175.7	188.2	4454.2
		193. 46%	66. 15%	70. 38%	1674.

B 25.	C.	430.8	115.6	121.1	3276.1
	M.	430.8	115.6	121.1	3276.1
	D.	189.7	54.8	54.2	1466.6
	Man Value 2.33	1051.3	286.	296.4	8018.8
		451. 52%	122. 14%	127. 33%	3441.

A 26.	F.	322.9	89.2	82.1	2388.
	M.	297.2	72.3	66.	2071.9
	Wm.	512.1	113.7	92.7	3337.5
	N.	409.9	92.7	77.7	2710.2
	Jas.	176.1	55.2	53.3	1405.7
	Man Value 4.23	1718.2	423.1	371.8	11913.3
		406. 57%	100. 14%	88. 28%	2816.

B 26.	F.	352.5	95.5	87.3	2578.
	M.	305.9	82.8	77.7	2254.4
	Wm.	408.2	99.9	82.9	2779.2
	N.	304.	80.4	70.	2167.5
	Jas.	202.5	65.	59.3	1604.3
	Man Value 4.23	1573.1	423.6	377.2	11383.4
		372. 55%	100. 15%	89. 29%	2691.

A 27.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
F.	254.1	96.9	112.5	2417.
M.	249.5	58.3	81.6	1965.9
Jas.	213.8	73.9	85.6	1922.1
H.	135.4	42.8	46.2	1128.6
Man Value 2.63	852.8	271.9	325.9	7433.6
	324. 46%	103. 14%	123. 39%	2826.

B 27.

F.	291.7	105.2	94.2	2435.6
M.	235.2	55.5	54.	1649.5
Jas.	191.6	58.1	65.7	1590.
H.	150.5	44.4	47.8	1209.9
Man Value 2.73	869.	263.2	261.7	6885.
	318. 50%	96. 15%	95. 34%	2522.

A 28.

F.	515.8	112.1	88.7	3310.
M.	397.6	80.3	63.5	2484.
S.	374.4	87.	75.4	2523.8
D.	284.5	72.7	71.2	2070.
Man Value 3.73	1572.3	352.1	298.8	10387.8
	421. 60%	94. 13%	80. 26%	2785.

B 28.

F.	500.9	121.7	105.3	3438.
M.	376.3	88.4	71.6	2503.2
S.	402.7	92.5	80.2	2702.5
D.	262.8	56.4	49.5	1722.5
Man Value 3.73	1542.7	359.	306.6	10366.2
	413. 59%	96. 14%	82. 26%	2779.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat.</u>	<u>Calories</u>
A 29.				
H.	197.	60.4	57.2	1545.3
W.	295.2	89.	92.4	2368.3
B.	309.	95.	87.5	2403.1
Man Value 2.83	801.2	244.4	237.1	6316.7
	283. 50%	86. 15%	80. 34%	2232.

B 29.				
H.	399.3	108.6	96.7	2902.
W.	214.	60.	52.4	1567.
B.	120.1	29.4	31.7	884.
Man Value 2.83	733.4	198.	180.8	5353.
	259. 54%	70. 15%	63. 30%	1891.

A 30.				
F.	382.5	119.9	102.4	2931.6
M.	256.5	80.9	80.7	2075.9
D.	269.	75.1	74.8	2049.3
Man Value 2.43	908.	275.9	257.9	7056.8
	373. 51%	113. 15%	106. 33%	2903.

B 30.				
F.	366.	121.	98.1	2831.
M.	300.4	92.1	71.7	2216.
D.	236.6	79.7	61.6	1819.8
Man Value 2.43	903.	292.8	231.4	6866.8
	371. 52%	120. 17%	95. 30%	2825.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
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A 31.

F.	444.9	150.	137.6	3618.7
M.	126.5	58.4	52.1	1209.
S.	458.7	153.5	140.3	3712.3
D.	236.	82.2	73.1	1931.3
S.	259.1	73.7	54.5	1823.5
G.-S.	131.5	35.	32.1	954.5
Man Value 4.66	1656.7	552.8	489.7	13249.6
	355. 50%	118. 16%	105. 33%	2843.

B 31.

F.	488.7	149.5	146.8	3874.5
M.	111.6	64.	78.3	1407.1
S.	491.7	139.7	139.3	3779.5
D.	210.9	83.1	99.	2067.
S.	258.5	73.4	54.3	1816.5
G.-S.	152.1	44.8	56.8	1299.2
Man Value 4.66	1713.5	554.5	574.5	14243.8
	367. 48%	119. 15%	127. 36%	3056.

A 32.

M.	357.	96.7	79.5	2531.2
Mg.	259.6	80.2	55.8	1861.7
D.	342.6	83.5	60.2	2247.
J.	317.	80.8	62.3	2151.1
D.	284.7	69.	80.9	2144.
Man value 4.36	1560.9	410.2	338.7	10935.
	358. 57%	94. 15%	77. 27%	2508.

B 32.

M.	198.7	65.6	48.9	1497.5
Mg.	272.9	73.2	58.5	1911.5
D.	352.2	104.5	77.8	2527.2
J.	280.9	84.3	64.6	2042.5
D.	269.	76.1	59.1	1912.9
Man Value 4.36.	1373.7	403.7	308.9	9891.6
	315. 55%	92. 16%	70. 28%	2268.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 34.				
H.	444.3	99.7	94.	3021.5
W.	429.3	93.1	83.5	2841.9
S.	427.5	106.5	86.4	2914.
Man Value 2.83	1301.1	299.3	263.9	8777.4
	459. 59%	105. 13%	93. 27%	3101.
B 34.				
H.	568.	131.5	117.5	3855.7
W.	359.5	84.5	86.8	2559.4
S.	507.8	120.4	117.7	3572.1
Man Value 2.83	1435.3	336.4	322.	9987.2
	507. 57%	118. 13%	113. 29%	3529.
A 35.				
F.	456.6	129.5	108.3	3319.3
M.	290.7	86.5	79.6	2225.
M.	254.4	73.7	84.7	2074.6
P.	215.	59.4	60.7	1645.
J.	154.7	46.2	51.6	1268.5
Man Value 3.93	1371.4	395.3	384.9	10532.4
	349. 52%	100. 15%	98. 32%	2680.
B 35.				
F.	363.6	97.4	66.7	2444.2
M.	312.5	81.5	56.4	2083.9
M.	245.5	62.5	48.2	1665.7
P.	221.5	58.1	44.2	1516.3
J.	172.5	51.2	39.8	1254.
Man Value 3.93	1315.6	350.7	255.3	8964.1
	334. 58%	89. 15%	64. 26%	2280.

		<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 36.	F.	377.6	115.1	62.1	2530.5
	M.	456.8	113.5	119.9	3361.4
	A.	576.5	200.9	248.	5341.6
	D.	420.1	161.9	142.3	3609.1
	Man Value 3.83	1831.	591.4	572.3	14842.6
		478. 49%	151. 15%	149. 35%	3875.
B 36.	F.	460.1	117.	97.1	3182.9
	M.	557.5	135.2	114.2	3799.5
	A.	605.1	150.5	196.3	4789.6
	D.	570.1	145.4	119.5	3937.9
	Man Value 3.83	2192.8	548.1	527.1	15709.9
		572. 55%	141. 13%	137. 31%	4101.
A 37.	M.	125.2	49.8	38.6	1047.7
	F.	449.7	132.4	117.7	3388.
	S.1.	418.5	125.2	111.5	3178.2
	S.2.	436.1	129.7	118.2	3327.
	Man Value 3.66	1429.5	437.1	386.	10940.9
		390. 52%	119. 15%	105. 32%	2989.
B 37.	M.	173.2	50.5	40.4	1259.2
	F.	550.7	156.5	154.5	4219.6
	S.1.	463.6	133.6	140.2	3651.2
	S.2.	420.7	118.2	128.	3308.
	Man Value 3.66	1608.2	458.8	463.1	12438.
		439. 52%	125. 15%	126. 33%	3398.

A 38.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
F.	493.5	107.	103.8	3336.6
M.	205.4	47.5	52.6	1485.1
D.	284.	73.7	79.9	2149.6
B.	278.3	82.8	92.9	2280.5
Man Value 3.66	1261.2	311.	329.2	9251.8
	344. 54%	84. 13%	89. 32%	2527.

B 38.

F.	359.5	83.3	73.2	2429.9
M.	244.6	57.2	50.1	1658.
D.	265.	71.	63.5	1916.5
B.	254.5	73.7	65.4	1901.6
Man Value 3.66	1123.6	285.2	252.2	7906.
	307. 57%	77. 14%	68. 29%	2160.

A 39.

F.	266.6	77.1	68.5	1991.7
M.	201.5	68.	64.7	1661.2
S.	379.1	106.7	101.9	2861.2
D.	311.3	91.2	89.5	2415.8
Man Value 3.66	1158.5	343.	324.6	8929.9
	316. 52%	93. 15%	88. 32%	2439.

B 39.

F.	252.9	74.8	90.3	2123.7
M.	209.5	75.5	87.4	1927.
S.	404.3	109.	117.	3106.5
D.	278.7	85.5	92.5	2289.4
Man Value 3.66	1145.4	344.8	387.2	9446.6
	313. 48%	94. 14%	105. 37%	2581.

		<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories.</u>
A 40.	F.	226.1	98.	102.7	2220.9
	M.	210.6	74.7	70.7	1777.4
	D.	139.7	52.1	49.9	1217.
	Man Value 2.33	576.4	224.8	223.3	5215.3
		247. 44%	96. 17%	95. 38%	2238.

B 40.	F.	225.	94.	88.7	2077.7
	M.	210.1	69.1	61.4	1669.8
	D.	149.3	50.8	39.1	1152.6
	Man Value 2.33	584.4	213.9	189.2	4900.1
		250. 47%	91. 17%	81. 35%	2103.

A 42.	H.	351.1	104.5	77.5	2519.9
	W.	351.1	104.5	77.5	2519.9
	Man Value 1.83	702.2	209.	155.	5039.8
		383. 55%	114. 16%	84. 28%	2754.

B 42.	H.	269.3	84.8	61.3	1968.3
	W.	269.3	84.8	61.3	1968.3
	Man Value 1.83	538.6	169.6	122.6	3936.6
		294. 55%	92. 17%	66. 28%	2151.

A 43.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
J.	272.9	86.1	72.4	2088.
M.	226.6	68.	57.5	1680.1
Man Value 1.66	499.5	154.1	129.9	3768.1
	300. 53%	92. 16%	78. 30%	2270.

B 43.

J.	265.8	89.2	75.7	2101.9
M.	205.5	70.2	59.4	1637.6
Man Value 1.66	471.3	159.4	135.1	3739.5
	284. 50%	96. 17%	81. 32%	2252.

A 44.

F.	421.9	128.6	119.1	3274.7
M.	259.	88.3	84.3	2148.4
S.	195.6	62.9	64.4	1614.
Man Value 2.33	876.5	279.8	267.8	7037.1
	376. 50%	120. 15%	115. 34%	3020.

B 44.

F.	308.3	97.7	81.	2354.
M.	165.1	53.7	53.7	1359.
S.	126.	53.4	51.2	1178.6
Man Value 2.33	599.4	204.8	185.9	4891.6
	257. 49%	87. 16%	79. 34%	2099.

		<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 45.	G.-F.	189.7	49.7	44.5	1358.
	G.-M.	196.4	50.	43.9	1381.3
	G.-S.	242.4	66.2	61.8	1790.6
	Man Value 2.83	628.5	165.9	150.2	4529.9
		222. 55%	58. 14%	53. 30%	1600.
<hr/>					
B 45.	G.-F.	230.4	55.1	40.1	1503.5
	G.-M.	232.4	53.8	39.4	1500.1
	G.-S.	307.2	76.2	51.4	1996.6
	Man Value 2.83	770.	185.1	130.9	5000.2
		272. 61%	65. 15%	46. 23%	1767.
<hr/>					
A 46.	F.	170.6	78.3	49.5	1441.7
	M.	303.1	74.1	68.	2121.1
	D.	360.1	87.2	85.6	2560.4
	Man Value 2.66	833.8	239.6	203.1	6123.2
		313. 54%	90. 15%	76. 30%	2302.
<hr/>					
B 46.	F.	291.	102.9	70.	2205.5
	M.	313.3	80.8	60.	2117.1
	D.	319.9	77.6	65.5	2179.5
	Man Value 2.66	924.2	267.3	195.5	6502.1
		347. 56%	98. 16%	73. 27%	2444.
<hr/>					

A 47.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
H.	605.9	167.7	109.3	4078.3
W.	365.1	102.3	61.5	2424.
Man Value 1.83	971.	270.	170.8	6502.3
	530. 59%	147. 16%	93. 24%	3553.

B 47.

H.	694.7	176.6	133.6	4687.7
W.	404.	109.3	73.7	2717.
Man Value 1.83	1098.7	285.9	207.3	7404.7
	600. 59%	156. 15%	113. 25%	4046.

A 48.

M.	102.8	39.9	39.5	926.7
T.	344.4	102.4	106.2	2743.6
J.	377.7	97.6	91.8	2728.1
M.	334.5	83.7	81.5	2406.7
R.	217.2	61.2	68.5	1731.2
Man Value 4.56	1376.6	384.8	387.5	10536.3
	301. 52%	84. 14%	85. 33%	2310.

B 48.

M.	166.	77.6	79.9	1693.1
T.	322.9	105.3	109.9	2703.
J.	344.	97.7	97.4	2644.1
M.	307.4	87.1	93.1	2416.2
R.	280.	73.	80.	2132.8
Man Value 4.56	1420.3	440.7	460.3	11589.2
	311. 49%	96. 15%	100. 35%	2541.

A 49.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
F.	365.6	107.2	94.	2736.6
M.	230.3	73.7	64.3	1795.5
D.	209.3	52.1	46.2	1461.7
S.	209.3	52.1	46.2	1461.7
Man Value 2.93	1014.5	285.1	250.7	7455.5
	346. 54%	96. 15%	85. 30%	2544.

B 49.

F.	402.1	111.6	94.8	2908.3
M.	291.6	79.7	67.9	2096.6
D.	227.2	56.7	51.2	1596.4
S.	228.3	56.7	51.2	1601.
Man Value 2.93	1149.2	304.7	265.1	8202.3
	392. 55%	104. 15%	90. 29%	2799.

A 50.

H.	202.1	93.5	55.8	1685.
W.	287.7	102.1	60.9	2107.5
Man Value 1.83	489.8	195.6	116.7	3792.5
	267. 51%	106. 20%	63. 28%	2072.

B 50.

H.	251.	71.7	62.5	1853.8
W.	241.	71.7	62.5	1813.8
Man Value 1.83	492.	143.4	125.	3667.6
	268. 53%	78. 15%	68. 31%	2004.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
A 51.				
M.	153.2	58.9	61.	1397.8
S.1.	287.	112.1	114.6	2628.
S.2.	298.7	115.8	117.2	2713.6
Man Value 2.83	738.9	286.8	292.8	6739.4
	261. 44%	101. 16%	103. 39%	2381.

B 51.				
M.	157.	60.3	57.8	1389.5
S.1.	292.	101.	91.4	2394.5
S.2.	290.5	92.9	88.	2325.4
Man Value 2.83	739.5	254.2	237.2	6109.4
	261. 48%	90. 17%	83. 34%	2158.

A 52.

19 Inmates.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
1.	346.6	106.1	101.9	2729.
2.	315.4	114.5	110.8	2717.
3.	308.9	113.2	109.6	2675.
4.	644.4	150.	130.2	4350.
5.	644.4	150.	130.2	4350.
6.	644.4	150.	130.2	4350.
7.	644.4	150.	130.2	4350.
8.	644.4	150.	130.2	4350.
9.	644.4	150.	130.2	4350.
10.	644.4	150.	130.2	4350.
11.	644.4	150.	130.2	4350.
12.	644.4	150.	130.2	4350.
13.	644.4	150.	130.2	4350.
14.	644.4	150.	130.2	4350.
15.	644.4	150.	130.2	4350.
16.	644.4	150.	130.2	4350.
17.	644.4	150.	130.2	4350.
18.	644.4	150.	130.2	4350.
19.	644.4	150.	130.2	4350.

Man Value	11281.3	2733.8	2405.5	77721.
19.	593.	144.	126.	4090.
	58%	14%	27%	

B 52.

19 Inmates.

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
1.	430.8	115.6	121.1	3276.1
2.	430.8	115.6	121.1	3276.1
3.	430.8	115.6	121.1	3276.1
4.	430.8	115.6	121.1	3276.1
5.	430.8	115.6	121.1	3276.1
6.	430.8	115.6	121.1	3276.1
7.	430.8	115.6	121.1	3276.1
8.	430.8	115.6	121.1	3276.1
9.	430.8	115.6	121.1	3276.1
10.	430.8	115.6	121.1	3276.1
11.	430.8	115.6	121.1	3276.1
12.	430.8	115.6	121.1	3276.1
13.	430.8	115.6	121.1	3276.1
14.	430.8	115.6	121.1	3276.1
15.	430.8	115.6	121.1	3276.1
16.	430.8	115.6	121.1	3276.1
17.	430.8	115.6	121.1	3276.1
18.	430.8	115.6	121.1	3276.1
19.	430.8	115.6	121.1	3276.1

Man Value	8185.2	2196.4	2300.9	62245.9
19	430.	115.	121.	3276.
	52%	14%	33%	

CALORIFIC VALUE PER MAN VALUE PER FAMILY.

A.	C.	P.	F.	CALS.	B.	C.	P.	F.	CALS.
1.	371	86	112	2845	1.	393	90	81	2663
2.	352	106	120	2919	2.	401	107	121	3127
3.	320	85	67	2233	3.	300	95	71	2222
4.	339	105	104	2718	4.	341	97	106	2707
5.	221	80	61	1758	5.	244	86	78	2026
6.	333	101	92	2576	6.	319	90	89	2444
7.	255	82	83	2104	7.	267	74	56	1869
8.	513	102	69	3084	8.	481	118	82	3145
9.	293	104	101	2511	9.	294	88	96	2399
10.	370	93	86	2633	10.	362	91	85	2587
11.	288	84	97	2365	11.	302	92	94	2426
12.	310	97	95	2492	12.	351	101	90	2625
13.	317	94	88	2442	13.	360	102	91	2633
14.	286	81	71	2118	14.	324	100	90	2508
15.	336	85	85	2458	15.	383	98	86	2708
16.	301	112	102	2584	16.	374	112	104	2885
17.	360	112	111	2893	17.	340	103	119	2846
18.	269	92	90	2260	18.	328	106	88	2558
19.	267	74	63	1943	19.	333	95	89	2522
20.	288	110	111	2598	20.	319	97	102	2590
21.	361	108	96	2745	21.	393	102	105	2933
22.	250	88	87	2142	22.	256	95	97	2281
23.	242	74	74	1941	23.	263	92	103	2350
24.	344	84	65	2303	24.	330	89	68	2292
25.	193	66	70	1674	25.	451	122	127	3441
26.	406	100	88	2816	26.	372	100	89	2691
27.	324	103	123	2826	27.	318	96	95	2522
28.	421	94	80	2785	28.	413	96	82	2779
29.	283	86	80	2232	29.	259	70	63	1891
30.	373	113	106	2903	30.	371	120	95	2825
31.	355	118	105	2843	31.	367	119	127	3056
32.	358	94	77	2508	32.	315	92	70	2268
34.	459	105	93	3101	34.	507	118	113	3529
35.	349	100	98	2680	35.	334	89	64	2280
36.	478	151	149	3875	36.	572	141	137	4101
37.	390	119	105	2989	37.	439	125	126	3398
38.	344	84	89	2527	38.	307	77	68	2160
39.	316	93	88	2439	39.	313	94	105	2581
40.	247	96	95	2238	40.	250	91	81	2103
42.	383	114	84	2754	42.	294	92	66	2151
43.	300	92	78	2270	43.	284	96	81	2252
44.	376	120	115	3020	44.	257	87	79	2099
45.	222	58	53	1600	45.	272	65	46	1767
46.	313	90	76	2302	46.	347	98	73	2444
47.	530	147	93	3553	47.	600	156	113	4046
48.	301	84	85	2310	48.	311	96	100	2541
49.	346	96	85	2544	49.	392	104	90	2799
50.	267	106	63	2072	50.	268	78	68	2004
51.	261	101	103	2381	51.	261	90	83	2158
	<u>16181</u>	<u>4769</u>	<u>4411</u>	<u>123907</u>		<u>16932</u>	<u>4832</u>	<u>4432</u>	<u>127232</u>

Aver. for
49 families

330 97 90 2528

Aver. for
49 families

345 98 90 2596

A 52 16181 4769 4411 123907
 593 144 126 4090
 16774 4913 4537 127997

B 52 16932 4832 4432 127232
 430 115 121 3276
 17362 4947 4553 130508

Aver. for
50 families

335 98 90 2559

Aver. for
50 fams.

347 98 91 2610

TABLE II.
PERCENTAGE OF CARBOHYDRATE, PROTEIN, FAT, FOUND IN FAM. DIETS

A.	C.	P.	F.	B.	C.	P.	F.
1.	52	12	35	1.	59	13	27
2.	48	14	37	2.	51	13	35
3.	57	15	27	3.	54	16	29
4.	49	15	35	4.	50	14	35
5.	50	18	31	5.	48	17	34
6.	52	15	32	6.	52	15	33
7.	49	15	35	7.	57	16	27
8.	66	13	20	8.	61	15	23
9.	47	16	36	9.	50	15	35
10.	56	14	29	10.	56	14	29
11.	48	14	37	11.	49	15	35
12.	50	15	34	12.	53	15	31
13.	52	15	32	13.	54	15	31
14.	54	15	30	14.	51	16	32
15.	54	14	31	15.	56	14	29
16.	47	17	35	16.	52	15	32
17.	50	15	34	17.	48	14	37
18.	48	16	36	18.	51	17	31
19.	55	15	30	19.	52	15	32
20.	44	17	38	20.	49	15	35
21.	53	15	31	21.	53	14	32
22.	47	16	36	22.	45	17	38
23.	50	15	34	23.	45	16	39
24.	59	14	26	24.	58	15	26
25.	46	15	38	25.	52	14	33
26.	57	14	28	26.	55	15	29
27.	46	14	39	27.	50	15	34
28.	60	13	26	28.	59	14	26
29.	50	15	34	29.	54	15	30
30.	51	15	33	30.	52	17	30
31.	50	16	33	31.	48	15	36
32.	57	15	27	32.	55	16	28
33.	59	13	27	34.	57	13	29
35.	52	15	32	35.	58	15	26
36.	49	15	35	36.	55	13	31
37.	52	15	32	37.	52	15	33
38.	54	13	32	38.	57	14	29
39.	52	15	32	39.	48	14	37
40.	44	17	38	40.	47	17	35
42.	55	16	28	42.	55	17	28
43.	53	16	30	43.	50	17	32
44.	50	15	34	44.	49	16	34
45.	55	14	30	45.	61	15	23
46.	54	15	30	46.	56	16	27
47.	59	16	24	47.	59	15	25
48.	52	14	33	48.	49	15	35
49.	54	15	30	49.	55	15	29
50.	51	20	28	50.	53	15	31
51.	44	16	39	51.	48	17	34
	2543	737	1573		2588	741	1531
Average for 49 families	52	15	32	Average for 49 families	53	15	31
	2543	737	1573		2588	741	1531
	58	14	27		52	14	33
	2601	751	1600		2640	755	1564
Average for 50	52	15	32	Average for 50	53	15	31

A.

	No. in Family.	Man Value.	Expenditure on Food per Man, Weekly.	Other Ex- penses per Man, Weekly.	Total Ex- penses per Man, Weekly.	Calories per ld.
1.	6	5.03	11/10 $\frac{1}{2}$	17/4 $\frac{1}{2}$	29/3	139.7
2.	4	2.53	18/8 $\frac{3}{4}$	7/3 $\frac{1}{2}$	26/0 $\frac{1}{4}$	90.9
3.	2	1.83	17/5 $\frac{1}{2}$	25/4	42/9 $\frac{1}{2}$	74.6
4.	6	5.49	14/0 $\frac{1}{2}$	28/1 $\frac{1}{2}$	42/2	112.9
5.	4	3.49	5/10 $\frac{1}{4}$	4 $\frac{1}{4}$	6/2 $\frac{1}{2}$	175.1
6.	4	3.53	9/8 $\frac{1}{2}$	4/2 $\frac{1}{2}$	13/11	164.2
7.	2	1.66	11/0 $\frac{3}{4}$	19/5	30/5 $\frac{3}{4}$	110.9
8.	3	2.33	10/0 $\frac{3}{4}$	12/11	22/11 $\frac{3}{4}$	178.7
9.	3	2.66	13/9 $\frac{3}{4}$	14/10	28/7 $\frac{3}{4}$	106.0
10.	11	9.46	6/1 $\frac{1}{4}$	7/4 $\frac{1}{2}$	13/6 $\frac{1}{4}$	249.0
11.	5	4.49	14/2 $\frac{1}{2}$	2/5 $\frac{1}{4}$	16/7 $\frac{1}{2}$	97.0
12.	6	4.56	17/0 $\frac{1}{2}$	1/11 $\frac{1}{4}$	18/11 $\frac{3}{4}$	85.3
13.	3	2.23	13/5 $\frac{1}{4}$	5/7 $\frac{1}{2}$	19/0 $\frac{3}{4}$	106.0
14.	3	2.66	15/5 $\frac{1}{4}$	11/1 $\frac{1}{2}$	26/6 $\frac{3}{4}$	80.0
15.	5	4.16	14/2	14/11 $\frac{1}{2}$	29/1 $\frac{1}{2}$	101.2
16.	5	4.26	14/6	14/3 $\frac{1}{2}$	28/9 $\frac{1}{2}$	103.9
17.	5	4.66	16/11	7/0 $\frac{3}{4}$	23/11 $\frac{3}{4}$	99.7
18.	4	3.49	18/5	10/10	29/3	71.5
19.	4	3.46	18/7 $\frac{1}{2}$	32/6 $\frac{3}{4}$	51/2 $\frac{1}{4}$	60.8
20.	4	3.83	15/2 $\frac{1}{4}$	8/0 $\frac{1}{2}$	23/2 $\frac{3}{4}$	99.7
21.	3	2.33	13/4 $\frac{1}{2}$	13/6 $\frac{1}{2}$	26/11	107.2
22.	6	5.32	12/5 $\frac{1}{2}$	1/10 $\frac{3}{4}$	14/4 $\frac{1}{4}$	100.3
23.	2	1.66	16/6 $\frac{1}{2}$	68/4 $\frac{1}{4}$	84/10 $\frac{3}{4}$	68.4
24.	9	6.73	3/8 $\frac{3}{4}$	-	3/8 $\frac{3}{4}$	360.2
25.	3	2.66	18/2	16/7 $\frac{1}{4}$	34/9 $\frac{1}{4}$	53.7
26.	5	4.23	9/11	5/2 $\frac{3}{4}$	15/1 $\frac{1}{4}$	165.6
27.	4	2.63	16/0 $\frac{1}{2}$	12/7	28/7 $\frac{1}{2}$	102.7
28.	4	3.73	9/7 $\frac{3}{4}$	1/9 $\frac{1}{4}$	11/5	168.4
29.	3	2.83	10/9	28/7 $\frac{1}{2}$	39/4 $\frac{1}{2}$	121.1
30.	3	2.43	17/5 $\frac{1}{4}$	7/0 $\frac{3}{4}$	24/6	97.1
31.	7	4.66	10/1 $\frac{3}{4}$	4/4 $\frac{1}{2}$	14/6 $\frac{1}{4}$	163.4
32.	5	4.36	12/5 $\frac{3}{4}$	-/10	13/3 $\frac{3}{4}$	117.2
33.	-	-	-	-	-	-
34.	3	2.83	19/5	7/11 $\frac{3}{4}$	27/4 $\frac{3}{4}$	93.2
35.	5	3.93	7/11 $\frac{3}{4}$	3/0 $\frac{1}{4}$	11/-	195.9
36.	4	3.83	22/8	3/6	26/2	99.7
37.	4	3.66	11/4 $\frac{1}{2}$	1/3 $\frac{1}{4}$	12/7 $\frac{3}{4}$	153.2
38.	4	3.66	8/8	2/0 $\frac{1}{4}$	10/8 $\frac{1}{4}$	170.0
39.	4	3.66	13/3 $\frac{1}{2}$	5/11 $\frac{3}{4}$	19/3 $\frac{1}{4}$	108.3
40.	3	2.33	13/5 $\frac{1}{2}$	6/5 $\frac{1}{2}$	19/11	97.0
41.	-	-	-	-	-	-
42.	2	1.83	14/7	8/11	23/6	110.1
43.	2	1.66	29/2 $\frac{1}{2}$	3/6	32/8 $\frac{1}{2}$	45.3
44.	3	2.33	11/2 $\frac{1}{2}$	7/8	18/10 $\frac{1}{2}$	157.1
45.	3	2.83	5/4	1/8 $\frac{1}{2}$	7/0 $\frac{1}{2}$	175.0
46.	3	2.66	11/5 $\frac{1}{4}$	5/0 $\frac{1}{2}$	16/5 $\frac{3}{4}$	117.4
47.	2	1.83	17/4	2/9	20/1	119.5
48.	5	4.56	9/10 $\frac{1}{4}$	2/3 $\frac{1}{2}$	12/1 $\frac{3}{4}$	136.6
49.	4	2.93	9/2 $\frac{3}{4}$	1/4 $\frac{1}{4}$	10/7	160.7
50.	2	1.83	14/6 $\frac{1}{2}$	4/1 $\frac{1}{2}$	18/8	83.1
51.	3	2.83	17/2 $\frac{1}{2}$	13/5 $\frac{1}{4}$	30/7 $\frac{3}{4}$	80.7
	198	168.57	£33. 4.1 $\frac{3}{4}$	£24. 8.0	£57.12.1 $\frac{1}{4}$	6035.2
Average	4.04	3.44	13/6 $\frac{1}{2}$	9/11 $\frac{1}{2}$	23/6	123.1
52.	19	19.00	11/11 $\frac{1}{2}$	-	11/11 $\frac{1}{2}$	199.5
	217	187.57	£33.16.1 $\frac{1}{4}$	£24. 8.0	£58. 4.1 $\frac{1}{4}$	6234.7
Average	4.34	3.757	13/6 $\frac{1}{4}$	9/9	23/3 $\frac{1}{4}$	124.6

No. in Family.	Man Value.	Expenditure on Food per Man, Weekly.	Other Ex- penses per Man, Weekly.	Total Ex- penses per Man, Weekly.	Calories per ld.
6	5.03	10/1 $\frac{3}{4}$	21/10	31/11 $\frac{3}{4}$	153.1
4	2.63	15/9 $\frac{1}{2}$	6/-	21/9 $\frac{1}{2}$	115.5
2	1.83	21/5 $\frac{1}{2}$	26/1 $\frac{1}{2}$	47/7	60.4
6	5.49	10/4 $\frac{1}{2}$	39/7 $\frac{3}{4}$	50/0 $\frac{1}{4}$	152.2
4	3.49	6/5 $\frac{1}{2}$	2/4 $\frac{3}{4}$	8/10 $\frac{1}{4}$	183.0
4	3.53	16/5 $\frac{1}{2}$	4/4 $\frac{1}{2}$	20/10	86.6
2	1.66	10/2 $\frac{3}{4}$	6/1	16/3 $\frac{3}{4}$	106.5
3	2.33	12/10 $\frac{1}{2}$	5/9 $\frac{1}{2}$	18/8	142.4
3	2.66	13/0 $\frac{1}{4}$	10/11 $\frac{3}{4}$	24/-	107.4
11	9.46	5/11	5/3 $\frac{1}{4}$	11/2 $\frac{1}{4}$	254.0
5	4.49	13/8	3/1	16/9	103.3
6	4.66	18/1	3/11	22/-	84.7
3	2.23	17/10 $\frac{1}{2}$	4/0 $\frac{3}{4}$	21/11 $\frac{1}{4}$	85.9
3	2.66	17/7 $\frac{1}{4}$	6/10 $\frac{1}{2}$	24/5 $\frac{3}{4}$	83.1
5	4.16	16/11	11/9	28/8	93.3
5	4.26	16/1 $\frac{1}{2}$	8/8 $\frac{1}{4}$	24/9 $\frac{3}{4}$	104.3
5	4.66	12/3 $\frac{1}{4}$	6/5	18/8 $\frac{1}{4}$	135.2
4	3.49	18/2 $\frac{1}{4}$	4/0 $\frac{1}{2}$	22/2 $\frac{3}{4}$	82.0
4	3.46	15/4 $\frac{1}{4}$	9/5	24/9 $\frac{1}{4}$	95.8
4	3.83	15/5 $\frac{1}{4}$	11/11 $\frac{1}{4}$	27/4 $\frac{1}{2}$	97.9
3	2.33	13/0 $\frac{1}{2}$	2/7 $\frac{1}{4}$	15/7 $\frac{3}{4}$	131.1
6	5.32	12/6 $\frac{1}{4}$	1/4 $\frac{1}{4}$	13/10 $\frac{1}{2}$	106.2
2	1.66	10/5	2/3 $\frac{1}{2}$	12/8 $\frac{1}{2}$	131.6
9	6.73	5/6 $\frac{1}{2}$	/6	6/0 $\frac{1}{2}$	241.2
3	2.33	23/2	-	23/2	86.6
5	4.23	8/3 $\frac{3}{4}$	2/9 $\frac{3}{4}$	11/1 $\frac{1}{2}$	188.8
4	2.73	20/1	3/6	23/7	73.2
4	3.73	9/4	3/8 $\frac{3}{4}$	13/0 $\frac{3}{4}$	173.6
3	2.83	13/3	13/4 $\frac{1}{2}$	26/7 $\frac{1}{2}$	83.2
3	2.43	17/3 $\frac{3}{4}$	8/11 $\frac{1}{2}$	26/3 $\frac{1}{4}$	95.1
7	4.66	11/6 $\frac{3}{4}$	3/3 $\frac{3}{4}$	14/10 $\frac{1}{2}$	154.1
5	4.36	8/5 $\frac{3}{4}$	-	8/5 $\frac{3}{4}$	157.0
-	-	-	-	-	-
3	2.83	17/8 $\frac{1}{4}$	6/4 $\frac{1}{4}$	24/0 $\frac{1}{2}$	116.3
5	3.93	8/4 $\frac{1}{4}$	/9 $\frac{1}{2}$	9/1 $\frac{1}{4}$	159.2
4	3.83	26/10 $\frac{1}{4}$	-	26/10 $\frac{1}{4}$	89.0
4	3.66	15/6 $\frac{3}{4}$	-	15/6 $\frac{3}{4}$	127.3
4	3.66	8/10 $\frac{1}{4}$	1/7 $\frac{1}{4}$	10/5 $\frac{1}{2}$	142.3
4	3.66	12/7	2/7	15/2	119.6
3	2.33	11/2 $\frac{1}{4}$	3/8	14/10 $\frac{1}{4}$	109.6
-	-	-	-	-	-
2	1.83	19/3	12/0 $\frac{3}{4}$	31/3 $\frac{3}{4}$	65.1
2	1.66	23/3 $\frac{3}{4}$	-	23/3 $\frac{3}{4}$	56.3
3	2.33	11/7 $\frac{1}{2}$	4/6 $\frac{1}{2}$	16/2	105.3
3	2.83	5/9 $\frac{1}{4}$	1/3	7/0 $\frac{1}{4}$	178.6
3	2.66	9/10 $\frac{3}{4}$	2/4	12/2 $\frac{3}{4}$	144.6
2	1.83	18/6 $\frac{3}{4}$	2/-	20/6 $\frac{3}{4}$	122.6
5	4.56	8/9 $\frac{3}{4}$	2/3	11/0 $\frac{3}{4}$	168.2
4	2.93	10/5	-	10/5	156.7
2	1.83	22/4 $\frac{1}{2}$	9/11	32/3 $\frac{1}{2}$	53.2
3	2.83	14/4 $\frac{3}{4}$	13/1 $\frac{3}{4}$	27/6 $\frac{1}{2}$	80.7
198	168.54	£34. 2.9 $\frac{1}{4}$	£14.13.7 $\frac{1}{2}$	£48.16.4 $\frac{1}{4}$	5942.9
4.04	3.44	13/11	6/-	19/11	121.2
19	19.00	12/9 $\frac{1}{2}$	-	12/9 $\frac{1}{2}$	149.4
217	187.57	£34.15.6 $\frac{3}{4}$	£14.13.7 $\frac{1}{2}$	£49. 9.2 $\frac{1}{4}$	6092.3
4.34	3.751	13/10 $\frac{3}{4}$	5/10 $\frac{1}{4}$	19/9	121.8

- A 1. Civil Servant. (1)
 - A 2. Shopkeeper or grocer's assistant. (3)
 - A 3. Shop proprietor. (2)
 - A 4. Skilled workers - lighthouse keeper and policeman. (4)
 - A 5. Unskilled work. (5)
 - A 6. Skilled worker on railway. (4)
 - A 7. Professional class - clergyman's widow. (1)
 - A 8. Skilled worker - motor mechanic. (4)
 - A 9. Unskilled worker - lorry driver. (5)
 - A 10. Unskilled worker. (5)
 - A 11. Unskilled worker - shop assistant. (3)
 - A 12. Whiskey traveller. (3)
 - A 13. Mason. (4)
 - A 14. Unskilled - sewer man. (5)
 - A 15. Unskilled worker - dental mechanic. (4)
 - A 16. Salesman in shop. (3)
 - A 17. Keeps boarders. (3)
 - A 18. Retired profession. (1)
 - A 19. Civil servant. (1)
 - A 20. Mining engineer. (4)
 - A 21. Railway shunter. (5)
 - A 22. Boarders. (3)
 - A 23. Widow of civil servant. (1)
 - A 24. Unemployed. (6)
 - A 25. Boarder keeper. (3)
 - A 26. Fire Grate shop proprietor. (2)
 - A 27. Clerk. (2)
 - A 28. Machineman. (4)
 - A 29. Tailor's cutter - skilled. (4)
 - A 30. Builder. (4)
 - A 31. Engineer - skilled. (4)
 - A 32. Unskilled worker - cleaner. (5)
 - A 34. Shopkeeper. (3)
 - A 35. Labourer. (5)
 - A 36. Retired teacher. (1)
 - A 37. Unskilled labourer. (5)
 - A 38. Boarder keeper. (3)
 - A 39. Printer. (4)
 - A 40. Butcher's assistant. (3)
 - A 42. Machine man. (4)
 - A 43. Retired teacher. (1)
 - A 44. Electrician. (4)
 - A 45. Unemployed. (6)
 - A 46. Messenger. (5)
 - A 47. Railway labourer. (5)
 - A 48. Widowed labourer. (5)
 - A 49. Butcher. (3)
 - A 50. Teacher. (1)
 - A 51. Widow of labourer. (5)
 - A 52. Labourers. (5)
-

It will be seen that in the social grouping the families are referred to as A investigation, but they also hold good for the B investigation and A was only used for the convenience of illustration here.

In the table on page 310 Vol.II, a complete list of the occupations of the main wage earners of the families under investigation is shown, and the social group number is shown in brackets.

NATURE OF DIETS ACCORDING TO SOCIAL CLASS.

- Group 1. Professional class - doctors, clergymen, etc.
 Group 2. Intermediate class - sub-editors, shop proprietors, cashiers, etc.
 Group 3. Shopkeepers, drapers, tailors, butchers.
 Group 4. Skilled workers - masons, slaters, plumbers, painters.
 Group 5. Unskilled workers - carters, coalmen, lorry drivers, labourers.
 Group 6. Unemployed.

Now let us show which families fall into these groups.

Group 1.

A 1, A 7, A 18, A 19, A 23, A 36, A 43, A 50

Total - 8

Group 2

A 3, A 26, A 27

Total - 3

Group 3

A 2, A 11, A 12, A 16, A 17, A 22, A 25, A 34, A 38, A 40, A 49.

Total - 11

Group 4

A 4, A 6, A 8, A 13, A 15, A 20, A 28, A 29, A 30, A 31, A 39,
 A 42, A 44

Total - 13

Group 5

A 5, A 9, A 10, A 14, A 21, A 32, A 35, A 37, A 46, A 47, A 48,

A 51, A 52.

Total - 13

Group 6

A 24, A 45.

Total - 2

Group 1.

Family.	No. in Family.	Man Value.	Carbo-hydrate.	Per-centage Total.	Protein.	Per-centage Total.	Fat.	Per-centage Total.	Calories.	Expenditure on Food per Man weekly.	Calories per ld.	Total expenses per week per man value.
A 1.	6	5.03	371.	52.	86.	12	112	35	2845	11/10 $\frac{1}{2}$	139.7	29/3
A 7.	2	1.66	255.	49	82.	15	83	35	2104	11/0 $\frac{3}{4}$	110.9	30/5 $\frac{3}{4}$
A 18.	4	3.49	269.	48	92.	16	90	36	2260	18/5	71.5	29/3
A 19.	4	3.46	267.	55	74.	15	63	30	1943	18/7 $\frac{1}{2}$	60.8	51/2 $\frac{1}{4}$
A 23.	2	1.66	242.	50	74.	15	74	34	1941	16/6 $\frac{1}{2}$	68.4	84/10 $\frac{3}{4}$
A 36.	4	3.83	478.	49	151.	15	149	35	3875	22/8	99.7	26/2
A 43.	2	1.66	300.	53	92.	16	78	30	2270	29/2 $\frac{1}{2}$	45.3	32/8 $\frac{1}{2}$
A 50.	2	1.83	267.	51	106.	20	63	28	2072	14/6 $\frac{1}{2}$	83.1	18/8
Total	26	22.62	2449.	401	757.	124	712	263	19310	142/11 $\frac{1}{4}$	679.4	302/7 $\frac{1}{4}$
Average	3.25	2.83	306.	50.1	94.6	15.5	89	33	2414	17/10 $\frac{1}{4}$	84.9	37/10
Dev.			236.		77.		86		1934	217.75d	94.4	794.75d

GROUP 2.

Family.	No. in Family.	Man Value.	Carbo-hydrate.	Per-centage Total.	Protein.	Per-centage Total.	Fat.	Per-centage Total.	Calories.	Expenditure on Food per Man Weekly.	Calories per ld.	Total expenses per week per man value.
A 3.	2	1.83	320.	57	85.	15	67.	27	2233.	17/5½	74.6	42/9½
A 26.	5	4.23	406.	57	100.	14	88.	28	2816.	9/11	165.6	15/1¼
A 27.	4	2.63	324.	46	103.	14	123.	39	2826.	16/0½	102.7	28/7½
<u>Total</u>	11	8.69	1050.	160	288.	43	278.	94	7875.	43/5	342.9	86/6¾
<u>Average</u>	3.6	2.89	350.	53	96.	14	93.	31	2625.	14/6	114.3	28/10¼
<u>Dev.</u>			86.		18.		56.		593.	90.5d	91.	331.75d.

Group 3.

Family.	No. in Family.	Man Value.	Carbo-hydrate.	Per-centage Total.	Protein.	Per-centage Total.	Fat.	Per-centage Total.	Calories.	Expenditure on Food per Man weekly.	Calories per ld.	Total Expenses per week per man value.
A 2.	4	2.53	352.	48	106.	14	120.	37	2919.	18/8 $\frac{3}{4}$	90.9	26/0 $\frac{1}{4}$
A 11.	5	4.49	288.	48	84.	14	97.	37	2365.	14/2 $\frac{1}{4}$	97.	16/7 $\frac{1}{2}$
A 12.	6	4.56	310.	50	97.	15	95.	34	2492	17/0 $\frac{1}{2}$	85.3	18/11 $\frac{3}{4}$
A 16.	5	4.26	301.	47	112.	17	102.	35	2584.	14/6	103.9	28/9 $\frac{1}{2}$
A 17.	5	4.66	360.	50	112.	15	111.	34	2893.	16/11	99.7	23/11 $\frac{3}{4}$
A 22.	6	5.32	250.	47	88.	16	87.	36	2142.	12/5 $\frac{1}{2}$	100.3	14/4 $\frac{1}{4}$
A 25.	3	2.66	193.	46	66.	15	70.	38	1674.	18/2	53.7	34/9 $\frac{1}{4}$
A 34.	3	2.83	459.	59	105.	13	93.	27	3101.	19/5	93.2	27/4 $\frac{3}{4}$
A 38.	4	3.66	344.	54	84.	13	89.	32	2527.	8/8	170.	10/8 $\frac{1}{4}$
A 40.	3	2.33	247.	44	96.	17	95.	38	2238.	13/5 $\frac{1}{2}$	97.	19/11
A 49.	4	2.93	346.	54	96.	15	85.	30	2544.	9/2 $\frac{3}{4}$	160.7	10/7
Total	48	40.23	3450.	547.	1046.	164	1044.	378	27479.	162/9 $\frac{1}{4}$	1151.7	232/1 $\frac{1}{4}$
Average	4.3	3.66	313.	49	95.	15	95.	34	2498.	14/9 $\frac{1}{2}$	104.7	21/1 $\frac{1}{4}$
Dev.			266.		56.		50		1427	120.75d	116.3	290.75d

Group 4.

Family.	No. in Family.	Man Value.	Carbo- hydrate.	Per- centage Total	Protein	Per centage Total	Fat	Percentage of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expens. per week per man value.
A 4.	6	5.49	339.	49	105.	15.	104	35	2718	14/0 $\frac{1}{2}$	112.9	42/2
A 6.	4	3.53	333.	52	101.	15	92	32	2576	9/8 $\frac{1}{2}$	164.2	13/11
A 8.	3	2.33	513.	66	102.	13	69	20	3084	10/0 $\frac{3}{4}$	178.7	22/11 $\frac{3}{4}$
A 13.	3	2.23	317.	52	94.	15	88	32	2442	13/5 $\frac{1}{4}$	106.	19/0 $\frac{3}{4}$
A 15.	5	4.16	336.	54	85.	14	85	31	2458	14/2	101.2	29/1 $\frac{1}{2}$
A 20.	4	3.83	288.	44	110.	17	111	38	2598	15/2 $\frac{1}{4}$	99.7	23/2 $\frac{3}{4}$
A 28.	4	3.73	421.	60	94.	13	80	26	2785	9/7 $\frac{3}{4}$	168.4	11/5
A 29.	3	2.83	283.	50	86.	15	80	34	2232	10/9	121.1	39/4 $\frac{1}{2}$
A 30.	3	2.43	373.	51	113.	15	106	33	2903	17/5 $\frac{1}{4}$	97.1	24/6
A 31.	7	4.66	355.	50	118.	16	105	33	2843	10/1 $\frac{3}{4}$	163.4	14/6 $\frac{1}{4}$
A 39.	4	3.66	316.	52	93.	15	88	32	2439	13/3 $\frac{1}{2}$	108.3	19/3 $\frac{1}{4}$
A 42.	2	1.83	383.	55	114.	16	84	28	2754	14/7	110.1	23/6
A 44.	3	2.33	376.	50	120.	15	115	34	3020	11/2 $\frac{1}{2}$	157.1	18/10 $\frac{1}{2}$
Total	51	43.04	4633.	685	1335.	194	1207	408	34852	163/8	1688.2	301/11 $\frac{1}{2}$
Average	3.9	3.31	356.	52	102.	15	93	31	2681	12/7	129.9	23/2 $\frac{3}{4}$
Dev.			225.		34.		46		852	93.5d	81.6	369d

Group 5.

Family	No. in Family	Man Value	Carbo-hydrate	Per-centage Total	Protein	Per-centage Total	Fat	Per-centage Total.	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Week per Man Value.
A 5.	4	3.49	221.	50	80	18	61	31	1758	5/10 $\frac{1}{4}$	175.1	6/2 $\frac{1}{2}$
A 9.	3	2.66	293.	47	104	16	101	36	2511	13/9 $\frac{3}{4}$	106.	28/7 $\frac{3}{4}$
A 10.	11	9.46	370.	56	93	14	86	29	2633	6/1 $\frac{3}{4}$	249.	13/6 $\frac{1}{4}$
A 14.	3	2.66	286.	54	81	15	71	30	2118	15/5 $\frac{1}{4}$	80.	26/6 $\frac{3}{4}$
A 21.	3	2.33	361.	53	108	15	96	31	2745	13/4 $\frac{1}{2}$	107.2	26/11
A 32.	5	4.36	358.	57	94	15	77	27	2508	12/5 $\frac{3}{4}$	117.2	13/3 $\frac{3}{4}$
A 35.	5	3.93	349.	52	100	15	98	32	2680	7/11 $\frac{3}{4}$	195.9	11/-
A 37.	4	3.66	390.	52	119	15	105	32	2989	11/4 $\frac{1}{2}$	153.2	12/7 $\frac{3}{4}$
A 46.	3	2.66	313.	54	90	15	76	30	2302	11/5 $\frac{1}{4}$	117.4	16/5 $\frac{3}{4}$
A 47.	2	1.83	530.	59	147	16	93	24	3553	17/4	119.5	20/1
A 48.	5	4.56	301.	52	84	14	85	33	2310	9/10 $\frac{1}{4}$	136.6	12/1 $\frac{3}{4}$
A 51.	3	2.83	261.	44	101	16	103	39	2381	17/2 $\frac{1}{2}$	80.7	30/7 $\frac{3}{4}$
A 52.	19	19	593.	58	144	14	126	27	4090	11/11 $\frac{1}{2}$	199.5	11/11 $\frac{1}{2}$
Total	70	63.43	4626.	688.	1345	198	1178	401	34578	154/3	1837.3	230/1 $\frac{1}{2}$
Average	5.4	4.88	356.	53	103	15	90	31	2659	11/10 $\frac{1}{4}$	141.3	17/8 $\frac{1}{4}$
Dev.			372.		67		65		2332	137.75d	169.	293.25d

Group 6

Family	No. in Family	Man Value	Carbo- hydrate	Percent- age of Total	Protein	Percent- age of Total	Fat	Percent- age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Week per Man Value.
A 24	9	6.73	344.	59	84.	14	65	26	2303	$3/8\frac{3}{4}$	360.2	$3/8\frac{3}{4}$
A 45	3	2.83	222.	55	58.	14	53	30	1600	$5/4$	175.	$7/0\frac{1}{2}$
Total	12	9.56	566.	114	142.	28	118	56	3903	$9/0\frac{3}{4}$	535.2	$10/9\frac{1}{4}$
Average	6	4.78	283.	57	71.	14	59	28	1951.5	$4/6\frac{1}{2}$	267.6	$5/4\frac{3}{4}$
Dev.			122.		26.		12		703.	$1/7\frac{1}{4}$	185.2	$3/3\frac{3}{4}$

Group 1.

Family	No. in Family	Man Value	Carbo-hydrate	Percent-age of Total	Protein	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Week per Man Value.
B 1.	6	5.03	393.	59	90.	13	81.	27	2663	10/1 $\frac{3}{4}$	153.1	31/11 $\frac{3}{4}$
B 7.	2	1.66	267.	57	74.	16	56.	27	1869	10/2 $\frac{3}{4}$	106.5	16/3 $\frac{3}{4}$
B 18.	4	3.49	328.	51	106.	17	88.	31	2558	18/2 $\frac{1}{4}$	82.	22/2 $\frac{3}{4}$
B 19.	4	3.46	333.	52	95.	15	89.	32	2522	15/4 $\frac{1}{4}$	95.8	24/9 $\frac{1}{4}$
B 23.	2	1.66	263.	45	92.	16	103.	39	2350	10/5	131.6	12/8 $\frac{1}{2}$
B 36.	4	3.83	572.	55	141.	13	137.	31	4101	26/10 $\frac{1}{4}$	89.	26/10 $\frac{1}{4}$
B 43.	2	1.66	284.	50	96.	17	81.	32	2252	23/3 $\frac{3}{4}$	56.3	23/3 $\frac{3}{4}$
B 50.	2	1.83	268.	53	78.	15	68.	31	2004	22/4 $\frac{1}{2}$	53.2	32/3 $\frac{1}{2}$
Total	26	22.62	2708.	422	772.	122	703.	250	20319	136/10 $\frac{1}{2}$	767.5	190/5 $\frac{1}{2}$
Average	3.25	2.83	338.	53	96.	15	88.	31	2539	17/1 $\frac{1}{4}$	96.	23/9 $\frac{1}{2}$
Dev.			130.		67.		81.		2232	200.5d	99.9	235d

Group 2.

Family	No. in Family	Man Value	Carbo- hydrate	Percent- age of Total	Protein	Percent- age of Total	Fats	Percent- age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld	Total Expense per Week per Man Value
B 3.	2	1.83	300.	54	95.	16	71.	29	2222	21/5½	60.4	47/7
B 26.	5	4.23	372.	55	100.	15	89.	29	2691	8/3½	188.8	11/1½
B 27.	4	2.73	318.	50	96.	15	95.	34	2522	20/1	73.2	23/7
Total	11	8.79	990.	159	291.	46	255.	92	7435	49/10½	322.4	82/3½
Average	3.6	2.93	330.	53	97.	15	85.	30.6	2478	16/7½	107.5	27/5
Stan.Dev.			72.		5.		24.		469	157.75d	128.4	437.5d

Group 3.

Family	No. in Family	Man Value	Carbo-hydrate	Percent-age of Total	Protein	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per week per Man Value.
B 2.	4	2.63	401	51	107	13	121	35	3127	15/9½	115.5	21/9½
B 11.	5	4.49	302	49	92	15	94	35	2426	13/8	103.3	16/9
B 12.	6	4.66	351	53	101	15	90	31	2625	18/1	84.7	22/-
B 16.	5	4.26	374	52	112	15	104	32	2885	16/1½	104.3	24/9¾
B 17.	5	4.66	340	48	103	14	119	37	2846	12/3¼	135.2	18/8¼
B 22.	6	5.32	256	45	95	17	97	38	2281	12/6¼	106.2	13/10½
B 25.	3	2.33	451	52	122	14	127	33	3441	23/2	86.6	23/2
B 34.	3	2.83	507	57	118	13	113	29	3529	17/8¼	116.3	24/0½
B 38.	4	3.66	307	57	77	14	68	29	2160	8/10¼	142.3	10/5½
B 40.	3	2.33	250	47	91	17	81	35	2103	11/2¼	109.6	14/10¼
B 49.	4	2.93	392	55	104	15	90	29	2799	10/5	156.7	10/5
Total	48	40.10	3931	566	1122	162	1104	363	30222	159/9¼	1260.7	200/10¼
Average	4.3	3.64	357	51	102	14.7	100	33	2747	14/6¼	114.6	18/3
St. Dev.			257.		45		59		1426	171.75d	72.	172.75d

Group 4.

Family	No. in Family	Man Value	Carbo- hydrate	Percent- age of Total	Protein	Percent- age of Total	Fats	Percent- age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Week per Man Value.
B 4	6	5.49	341.	50	97.	14	106	35	2707	10/4 $\frac{1}{2}$	152.2	50/0 $\frac{1}{4}$
B 6	4	3.53	319.	52	90.	15	89	33	2444	16/5 $\frac{1}{2}$	86.6	20/10
B 8	3	2.23	481.	61	118.	15	82	23	3145	12/10 $\frac{1}{2}$	142.4	18/8
B 13	3	2.33	360.	54	102.	15	91	31	2633	17/10 $\frac{1}{2}$	85.9	21/11 $\frac{1}{4}$
B 15	5	4.16	383.	56	98.	14	86	29	2708	16/11	93.3	28/8
B 20	4	3.83	319.	49	97.	15	102	35	2590	15/5 $\frac{1}{4}$	97.9	27/4 $\frac{1}{2}$
B 28	4	3.73	413.	59	96.	14	82	26	2779	9/4	173.6	13/0 $\frac{3}{4}$
B 29	3	2.83	259.	54	70.	15	63	30	1891	13/3	83.2	26/7 $\frac{1}{2}$
B 30	3	2.43	371.	52	120.	17	95	30	2825	17/3 $\frac{3}{4}$	95.1	26/3 $\frac{1}{4}$
B 31	7	4.66	367.	48	119.	15	127	36	3056	11/6 $\frac{3}{4}$	154.1	14/10 $\frac{1}{2}$
B 39	4	3.66	313.	48	94.	14	105	37	2581	12/7	119.6	15/2
B 42	2	1.83	294.	55	92.	17	66	28	2151	19/3	65.1	31/3 $\frac{3}{4}$
B 44	3	2.33	257.	49	87.	16	79	34	2099	11/7 $\frac{1}{2}$	105.3	16/2
Total	51	43.04	4477.	687	1280.	196	1173	407	33609	184/10 $\frac{1}{4}$	1454.3	310/11 $\frac{3}{4}$
Average	3.9	3.31	344.	53	98.	15	90	31	2585	14/2 $\frac{1}{2}$	111.9	23/11
St. Dev.			222.		50.		64		1254	102.5d	108.5	443.5d

Group 5

Family	No. in Family	Man Value	Carbo-hydrate	Percent-age of Total	Protein	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld	Total Expense per Week per Man Value
B 5	4	3.49	244	48	86	17	78	34	2026	6/5 $\frac{1}{4}$	183.	8/10 $\frac{1}{4}$
B 9	3	2.66	294	50	88	15	96	35	2399	13/0 $\frac{1}{4}$	107.4	24/-
B 10	11	9.46	362	56	91	14	85	29	2587	5/11	254.	11/2 $\frac{1}{4}$
B 14	3	2.66	324	51	100	16	90	32	2508	17/7 $\frac{1}{4}$	83.1	24/5 $\frac{3}{4}$
B 21	3	2.33	393	53	102	14	105	32	2933	13/0 $\frac{1}{2}$	131.1	15/7 $\frac{3}{4}$
B 32	5	4.36	315	55	92	16	70	28	2268	8/5 $\frac{3}{4}$	157.	8/5 $\frac{3}{4}$
B 35	5	3.93	334	58	89	15	64	26	2280	8/4 $\frac{1}{4}$	159.2	9/1 $\frac{3}{4}$
B 37	4	3.66	439	52	125	15	126	33	3398	15/6 $\frac{3}{4}$	127.3	15/6 $\frac{3}{4}$
B 46	3	2.66	347	56	98	16	73	27	2444	9/10 $\frac{3}{4}$	144.6	12/2 $\frac{3}{4}$
B 47	2	1.83	600	59	156	15	113	25	4046	18/6 $\frac{3}{4}$	122.6	20/6 $\frac{3}{4}$
B 48	5	4.56	311	49	96	15	100	35	2541	8/9 $\frac{3}{4}$	168.2	11/0 $\frac{3}{4}$
B 51	3	2.83	261	48	90	17	83	34	2158	14/4 $\frac{3}{4}$	80.7	27/6 $\frac{1}{2}$
B 52	19	19	430	52	115	14	121	33	3276	12/9 $\frac{1}{2}$	149.4	12/9 $\frac{1}{2}$
Total	70	63.43	4654	687	1328	199	1204	403	34864	152/10 $\frac{3}{4}$	1867.6	201/6 $\frac{1}{2}$
Average	5.4	4.88	358	53	102	15	93	31	2682	11/9	143.6	15/6
St. Dev.			356		70		62		2020	151.75d	173.3	228.75d

Group 6

Family	No. in Family	Man Value	Carbo- hydrate	Percent- age of Total	Protein	Percent- age of Total	Percent- age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld	Total Expenses per Week per Man Value
B 24	9	6.73	330	58	89	15	26	2292	5/6 $\frac{1}{2}$	241.2	6/0 $\frac{1}{2}$
B 45	3	2.83	272	61	65	15	23	1767	5/9 $\frac{1}{4}$	178.6	7/0 $\frac{1}{4}$
Total	12	9.56	602	119	154	30	49	4059	11/3 $\frac{3}{4}$	419.8	13/0 $\frac{3}{4}$
Average	6	4.78	301	59.5	77	15	24.5	2029	5/7 $\frac{3}{4}$	209.9	6/6 $\frac{1}{4}$
St. Dev.			58		24			525	2.75d	62.6	11.75d

Average - A.

Group	No. in Family	Man Value	Carbo-hydrate	Percent-age of Total	Protein	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Man Weekly
1	3.25	2.83	306	50.1	94.6	15.5	89	33	2414	17/10 $\frac{1}{4}$	84.9	37/10
2	3.6	2.89	350	53	96	14	93	31	2625	14/6	114.3	28/10 $\frac{1}{4}$
3	4.3	3.66	313	49	95	15	95	34	2498	14/9 $\frac{1}{2}$	104.7	21/1 $\frac{1}{4}$
4	3.9	3.31	356	52	102	15	93	31	2681	12/7	129.9	23/2 $\frac{3}{4}$
5	5.4	4.88	356	53	103	15	90	31	2659	11/10 $\frac{1}{4}$	141.3	17/8 $\frac{1}{4}$
6	6	4.78	283	57	71	14	59	28	1951.5	4/6 $\frac{1}{2}$	267.6	5/4 $\frac{3}{4}$

Average - B

Group	No. in Family	Man Value	Carbo-Hydrate	Percent-age of Total	Protein	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld	Total Expenses per Man Weekly
1	3.25	2.83	338	53	96	15	88	31	2539	17/1 $\frac{1}{4}$	96.	23/9 $\frac{1}{2}$
2	3.6	2.93	330	53	97	15	85	30.6	2478	16/7 $\frac{1}{2}$	107.5	27/5
3	4.3	3.64	357	51	102	14.7	100	33	2747	14/6 $\frac{1}{4}$	114.6	18/3
4	3.9	3.31	344	53	98	15	90	31	2585	14/2 $\frac{1}{2}$	111.9	23/11
5	5.4	4.88	358	53	102	15	93	31	2682	11/9	143.6	15 /6
6	6	4.78	301	59.5	77	15	57	24.5	2029	5/7 $\frac{3}{4}$	209.9	6/6 $\frac{1}{4}$

Group 1 - Cost of Food per Man Value per Week under 10/-

Family	No. in Family	Man Value	Carbo-hydrate	Percent-age of Total	Proteins	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenditure per Man Weekly.
A 5	4	3.49	221	50	80	18	61	31	1758	5/10 $\frac{1}{4}$	175.1	6/2 $\frac{1}{2}$
A 6	4	3.53	333	52	101	15	92	32	2576	9/9 $\frac{1}{2}$	164.2	13/11
A 10	11	9.46	370	56	93	14	86	29	2633	6/1 $\frac{3}{4}$	249.	13/6 $\frac{1}{4}$
A 24	9	6.73	344	59	84	14	65	26	2303	3/8 $\frac{3}{4}$	360.2	3/8 $\frac{3}{4}$
A 26	5	4.23	406	57	100	14	88	28	2816	9/11	165.6	15/1 $\frac{3}{4}$
A 28	4	3.73	421	60	94	13	80	26	2785	9/7 $\frac{3}{4}$	168.4	11/5
A 35	5	3.93	349	52	100	15	98	32	2680	7/11 $\frac{3}{4}$	195.9	11/-
A 38	4	3.66	344	54	84	13	89	32	2527	8/8	170.	10/8 $\frac{1}{4}$
A 45	3	2.83	222	55	58	14	53	30	1600	5/4	175.	7/0 $\frac{1}{2}$
A 48	5	4.56	301	52	84	14	85	33	2310	9/10 $\frac{1}{4}$	136.6	12/1 $\frac{3}{4}$
A 49	4	2.93	346	54	96	15	85	30	2544	9/2 $\frac{3}{4}$	160.7	10/7
Total	58	49.08	3657	601	974	159	882	329	26532	86/0 $\frac{3}{4}$	2120.7	115/4 $\frac{3}{4}$
Average	5.2	4.46	332	54	88	14	80	29	2412	7/9 $\frac{3}{4}$	192.8	10/5 $\frac{3}{4}$

Group 2. - Cost of Food per Man Value per Week - 10/- to 12/6

Family	No. in Family	Man Value	Carbo-hydrates	Percent-age of Total	Proteins	Percent-age of Total	- Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Man Weekly.
A 1	6	5.03	371	52	86	12	112	35	2845	11/10 $\frac{1}{2}$	139.7	29/3
A 7	2	1.66	255	49	82	15	83	35	2104	11/0 $\frac{3}{4}$	110.9	30/5 $\frac{3}{4}$
A 8	3	2.33	513	66	102	13	69	20	3084	10/0 $\frac{3}{4}$	178.7	22/11 $\frac{3}{4}$
A 22	6	5.32	250	47	88	16	87	36	2142	12/5 $\frac{1}{2}$	100.3	14/4 $\frac{1}{4}$
A 29	3	2.83	283	50	86	15	80	34	2232	10/9	121.1	39/4 $\frac{1}{2}$
A 31	7	4.66	355	50	118	16	105	33	2843	10/1 $\frac{3}{4}$	163.4	14/6 $\frac{1}{4}$
A 32	5	4.36	358	57	94	15	77	27	2508	12/5 $\frac{3}{4}$	117.2	13/3 $\frac{3}{4}$
A 37	4	3.66	390	52	119	15	105	32	2989	11/4 $\frac{1}{2}$	153.2	12/7 $\frac{3}{4}$
A 44	3	2.33	376	50	120	15	115	34	3020	11/2 $\frac{1}{2}$	157.1	18/10 $\frac{1}{2}$
A 46	3	2.66	313	54	90	15	76	30	2302	11/5 $\frac{1}{4}$	117.4	16/5 $\frac{3}{4}$
A 52	19	19.	593	58	144	14	126	27	4090	11/11 $\frac{1}{2}$	199.5	11/11 $\frac{1}{2}$
Total	61	53.84	4057	585	1129	161	1035	343	30159	124/9 $\frac{3}{4}$	1558.5	224/2 $\frac{3}{4}$
Average	5.5	4.89	369	53	103	14	94	31	2742	11/4 $\frac{1}{4}$	141.7	20/4 $\frac{1}{2}$

Group 3 - Cost of Food per Man Value per Week 12/6 - 15/-

Family	No. in Family	Man Value	Carbo-hydrates	Percent-age of Total	Proteins	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld	Total Expenses per Man Weekly
A 4	6	5.49	339	49	105	15	104	35	2718	14/0 $\frac{1}{2}$	112.9	42/2
A 9	3	2.66	293	47	104	16	101	36	2511	13/9 $\frac{3}{4}$	106.	28/7 $\frac{1}{4}$
A 11	5	4.49	288	48	84	14	97	37	2365	14/2 $\frac{1}{4}$	97.	16/7 $\frac{1}{2}$
A 13	3	2.23	317	52	94	15	88	32	2442	13/5 $\frac{1}{4}$	106.	19/0 $\frac{3}{4}$
A 15	5	4.16	336	54	85	14	85	31	2458	14/2	101.2	29/1 $\frac{1}{2}$
A 16	5	4.26	301	47	112	17	102	35	2584	14/6	103.9	28/9 $\frac{1}{2}$
A 21	3	2.33	361	53	108	15	96	31	2745	13/4 $\frac{1}{2}$	107.2	26/11
A 39	4	3.66	316	52	93	15	88	32	2439	13/3 $\frac{1}{2}$	108.3	19/3 $\frac{1}{4}$
A 40	3	2.33	247	44	96	17	95	38	2238	13/5 $\frac{1}{2}$	97.	19/11
A 42	2	1.83	383	55	114	16	84	28	2754	14/7	110.1	23/6
A 50	2	1.83	267	51	106	20	63	28	2072	14/6 $\frac{1}{2}$	83.1	18/8
Total	41	35.27	3448	552	1101	174	1003	363	27326	153/4 $\frac{3}{4}$	1132.7	272/8 $\frac{1}{4}$
Average	3.7	3.21	313	50	100	16	91	33	2484	13/11 $\frac{1}{4}$	102.9	24/9 $\frac{1}{2}$

Group 4 - Cost of Food per Man Value per Week 15/- - 17/6

Family	No. in Family	Man Value	Carbo-hydrates	Percent-age of Total	Proteins	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Man Weekly
A 3	2	1.83	320	57	85	15	67	27	2233	17/5½	74.6	42/9½
A 12	6	4.56	310	50	97	15	95	34	2492	17/0½	85.3	18/11¾
A 14	3	2.66	286	54	81	15	71	30	2118	15/5¼	80.	26/6¾
A 17	5	4.66	360	50	112	15	111	34	2893	16/11	99.7	23/11¾
A 20	4	3.83	288	44	110	17	111	38	2598	15/2¼	99.7	23/2¼
A 23	2	1.66	242	50	74	15	74	34	1941	16/6½	68.4	84/10¾
A 27	4	2.63	324	46	103	14	123	39	2826	16/0½	102.7	28/7½
A 30	3	2.43	373	51	113	15	106	33	2903	17/5¼	97.1	24/6
A 47	2	1.83	530	59	147	16	93	24	3553	17/4	119.5	20/1
A 51	3	2.83	261	44	101	16	103	39	2381	17/2½	80.7	30/7¾
Total	34	28.92	3294	505	1023	153	954	332	25938	166/7¼	907.7	324/3½
Average	3.4	2.89	329	50	102	15	95	33	2593	16/7¾	90.7	32/5¼

Group 5 - Cost of Food per Man Value Weekly 17/6 - 20/-

Family	No. in Family	Man Value	Carbo-hydrates	Percent-age of Total	Proteins	Percent-age of Total	Fats	Percent-age of to Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Man Weekly
A 2	4	2.53	352	48	106	14	120	37	2919	18/8 $\frac{3}{4}$	90.9	26/0 $\frac{1}{4}$
A 18	4	3.49	269	48	92	16	90	36	2260	18/5	71.5	29/3
A 19	4	3.46	267	55	74	15	63	30	1943	18/7 $\frac{1}{2}$	60.8	51/2 $\frac{1}{4}$
A 25	3	2.66	193	46	66	15	70	38	1674	18/2	53.7	34/9 $\frac{1}{4}$
A 34	3	2.83	459	59	105	13	93	27	3101	19/5	93.2	27/4 $\frac{3}{4}$
Total	18	14.97	1540	256	443	73	436	168	11897	93/4 $\frac{1}{4}$	370.1	168/7 $\frac{1}{2}$
Average	3.6	2.99	308	51	88	15	87	33	2379	18/8	74.	33/8 $\frac{3}{4}$

Group 6 - 20/- to 25/-

A 36	4	3.83	478	49	151	15	149	35	3875	22/8	99.7	26/2
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Group 7 - Over 25/-

A 43	2	1.66	300	53	92	16	78	30	2270	29/2 $\frac{1}{2}$	45.3	32/8 $\frac{1}{2}$
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Group 1 - Cost of Food per Man Value per Week under 10/-

Family	No. in Family	Man Value	Carbo-hydrates	Percent-age of Total	Protein	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure of Food per Man Weekly	Calories per ld.	Total Expenses per Man Value Weekly
B 5	4	3.49	244	48	86	17	78	34	2026	6/5 $\frac{1}{2}$	183.	8/10 $\frac{1}{4}$
B 10	11	9.46	362	56	91	14	85	29	2587	5/11	254.	11/2 $\frac{1}{4}$
B 24	9	6.73	330	58	89	15	68	26	2292	5/6 $\frac{1}{2}$	241.2	6/0 $\frac{1}{2}$
B 26	5	4.23	372	55	100	15	89	29	2691	8/3 $\frac{3}{4}$	188.8	11/1 $\frac{1}{2}$
B 28	4	3.73	413	59	96	14	82	26	2779	9/4	173.6	13/0 $\frac{3}{4}$
B 32	5	4.36	315	55	92	16	70	28	2268	8/5 $\frac{3}{4}$	157.	8/5 $\frac{3}{4}$
B 35	5	3.93	334	58	89	15	64	26	2280	8/4 $\frac{1}{4}$	159.2	9/1 $\frac{3}{4}$
B 38	4	3.66	307	57	77	14	68	29	2160	8/10 $\frac{1}{4}$	142.3	10/5 $\frac{1}{2}$
B 45	3	2.83	272	61	65	15	46	23	1767	5/9 $\frac{1}{4}$	178.6	7/0 $\frac{1}{4}$
B 46	3	2.66	347	56	98	16	73	27	2444	9/10 $\frac{3}{4}$	144.6	12/2 $\frac{3}{4}$
B 48	5	4.56	311	49	96	15	100	35	2541	8/9 $\frac{3}{4}$	168.2	11/0 $\frac{3}{4}$
Total	58	49.64	3607	612	979	166	823	312	25835	85/8 $\frac{3}{4}$	1990.5	108/8
A verage	5.2	4.51	328	55	89	15	75	28	2349	7/9 $\frac{1}{2}$	180.9	9/10 $\frac{1}{2}$

Group 2 - Cost of Food per Man Value Weekly 10/- to 12/6

Family	No. in Family	Man Value	Carbo-hydrates	Percent-age of Total	Protein	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Man Weekly
B 1	6	5.03	393	59	90	13	81	27	2663	10/1 $\frac{3}{4}$	153.1	13/11 $\frac{3}{4}$
B 4	6	5.49	341	50	97	14	106	35	2707	10/4 $\frac{1}{2}$	152.2	50/0 $\frac{1}{4}$
B 17	5	4.66	340	48	103	14	119	37	2846	12/3 $\frac{1}{4}$	135.2	18/8 $\frac{1}{4}$
B 23	2	1.66	263	45	92	16	103	39	2350	10/5	131.6	12/8 $\frac{1}{2}$
B 31	7	4.66	367	48	119	15	127	36	3056	11/6 $\frac{3}{4}$	154.1	14/10 $\frac{1}{2}$
B 40	3	2.33	250	47	91	17	81	35	2103	11/2 $\frac{1}{4}$	109.6	14/10 $\frac{1}{4}$
B 44	3	2.33	257	49	87	16	79	34	2099	11/7 $\frac{1}{2}$	105.3	16/2
B 49	4	2.93	392	55	104	15	90	29	2799	10/5	156.7	10/5
B 7	2	1.66	267	57	74	16	56	27	1869	10/2 $\frac{3}{4}$	106.5	16/3 $\frac{3}{4}$
Total	38	30.75	2870	458	857	136	842	229	22492	98/2 $\frac{3}{4}$	1204.3	168/0 $\frac{1}{4}$
Average	4.2	3.41	319	51	95	15	93	33	2499	10/11	133.8	18/8

Group 3 - Cost of Food per Man Value Weekly 12/6 - 15/-

Family	No. in Family	Man Value	Carbo-hydrates	Percent-age of Total	Protein	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Man Weekly
B 8	3	2.33	481	61	118	15	82	23	3145	12/10 $\frac{1}{2}$	142.4	18/8
B 9	3	2.66	294	50	88	15	96	35	2399	13/0 $\frac{1}{4}$	107.4	24/-
B 11	5	4.49	302	49	92	15	94	35	2426	13/8	103.3	16/9
B 21	3	2.33	393	53	102	14	105	32	2933	13/0 $\frac{1}{2}$	131.1	15/7 $\frac{3}{4}$
B 22	6	5.32	256	45	95	17	97	38	2281	12/6 $\frac{1}{4}$	106.2	13/10 $\frac{1}{2}$
B 29	3	2.83	259	54	70	15	63	30	1891	13/3	83.2	26/7 $\frac{1}{2}$
B 39	4	3.66	313	48	94	14	105	37	2581	12/7	119.6	15/2
B 51	3	2.83	261	48	90	17	83	34	2158	14/4 $\frac{3}{4}$	80.7	27/6 $\frac{1}{2}$
B 52	19	19	430	52	115	14	121	33	3276	12/9 $\frac{1}{2}$	149.4	12/9 $\frac{1}{2}$
Total	49	45.45	2989	460	864	136	846	297	23090	118/1 $\frac{3}{4}$	1023.3	171/0 $\frac{3}{4}$
Average	5.4	5.05	332	51	96	15	94	33	2565	13/1 $\frac{1}{2}$	113.7	19/-

Group 4 - Cost of Food per Man Value per Week 15/- to 17/6

Family	No. in Family	Man Value	Carbo-hydrates	Percent-age of Total	Protein	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld.	Total Expenses per Man Weekly
B 2	4	2.63	401	51	107	13	121	35	3127	15/9½	115.5	21/9½
B 6	4	3.53	319	52	90	15	89	33	2444	16/5½	86.6	20/10
B 15	5	4.16	383	56	98	14	86	29	2708	16/11	93.3	28/8
B 16	5	4.26	374	52	112	15	104	32	2885	16/1½	104.3	24/9¾
B 19	4	3.46	333	52	95	15	89	32	2522	15/4¼	95.8	24/9¼
B 20	4	3.83	319	49	97	15	102	35	2590	15/5¼	97.9	27/4½
B 30	3	2.43	371	52	120	17	95	30	2825	17/3¾	95.1	26/3¼
B 37	4	3.66	439	52	125	15	126	33	3398	15/6¾	127.3	15/6¾
Total	33	27.96	2939	416	844	119	812	259	22499	128/11½	815.8	190/1
Average	4.1	3.49	367	52	105	15	101	32	2812	16/1½	101.9	23/9

[illegible]

Group 6 - Cost of Food per Man Value Weekly 20/- - 25/-

Family	No. in Family	Man Value	Carbo-hydrates	Percent-age of Total	Proteins	Percent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Weekly	Calories per ld	Total Expenses per Man Weekly
B 3	2	1.83	300	54	95	16	71	29	2222	21/5 $\frac{1}{2}$	60.4	47/7
B 25	3	2.33	451	52	122	14	127	33	3441	23/2	86.6	23/2
B 27	4	2.73	318	50	96	15	95	34	2522	20/1	73.2	23/7
B 43	2	1.66	284	50	96	17	81	32	2252	23/3 $\frac{3}{4}$	56.3	23/3 $\frac{3}{4}$
B 50	2	1.83	268	53	78	15	68	31	2004	22/4 $\frac{1}{2}$	53.2	32/3 $\frac{1}{2}$
Total	13	10.38	1621	259	487	77	442	159	12441	110/4 $\frac{3}{4}$	329.7	149/11 $\frac{1}{4}$
Average	2.6	2.07	324	52	97	15.4	88	32	2488	22/0 $\frac{3}{4}$	65.9	29/11 $\frac{3}{4}$

Group 7 - Over 25/-

B 36	4	3.83	572	55	141	13	137	31	4101	26/10 $\frac{1}{4}$	89.	26/10 $\frac{1}{4}$
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Average - "A" survey.

Group	No. of Families	No. in Family	Man Value	Carbo-hydrate	Percent-age of Total	Proteins	Percent-age of Total	Fats	Percent-age of Total	Calories	Expendi-ture on Food per Man Weekly	Calories per ld.	Total Ex-penditure per Man Value Weekly
1	11.	5.2	4.46	332	54	88	14	80	29	2412	7/9 $\frac{3}{4}$	192.8	10/5 $\frac{3}{4}$
2	11.	5.5	4.89	369	53	103	14	94	31	2742	11/4 $\frac{1}{4}$	141.7	20/4 $\frac{1}{2}$
3	11.	3.7	3.21	313	50	100	16	91	33	2484	13/11 $\frac{1}{4}$	102.9	24/9 $\frac{1}{2}$
4	10.	3.4	2.89	329	50	102	15	95	33	2593	16/7 $\frac{3}{4}$	90.7	32/5 $\frac{1}{4}$
5	5.	3.6	2.99	308	51	88	15	87	33	2379	18/8	74.	33/8 $\frac{3}{4}$
6	1.	4.	3.83	478	49	151	15	149	35	3875	22/8	99.7	26/2
7	1.	2.	1.66	300	53	92	16	78	30	2270	29/2 $\frac{1}{2}$	45.3	32/8 $\frac{1}{2}$

50.

Average - "B" Survey

Group	No. of Families	No. in Family	Man Value	Carbo-hydrates	Percent-age of total	Proteins	Per-cent-age of Total	Fats	Percent-age of Total	Calories	Expenditure on Food per Man Value Weekly	Calories per ld.	Total Expenses per Man Value Weekly
1	11	5.2	4.51	328	55	89	15	75	28	2349	7/9½	180.9	9/10½
2	9	4.2	3.41	319	51	95	15	93	33	2499	10/11	133.8	18/8
3	9	5.4	5.05	332	51	96	15	94	33	2565	13/1½	113.7	19/-
4	8	4.1	3.49	367	52	105	15	101	32	2812	16/1½	101.9	23/9
5	7	3.3	2.79	395	54	111	15	92	29	2864	18/2	91.4	23/9½
6	5	2.6	2.07	324	52	97	15.4	88	32	2488	22/0¾	65.9	29/11¾
7	1	4.	3.83	572	55	141	13	137	31	4101	26/10¼	89.	26/10¼

TABLE

A.	AMOUNT OF FOOD								
	Meat	Fish	Milk PINTS.	Cream PINTS.	Con- densed Milk	Dairy Pro- duce	Eggs	Bread	Cereals
1	5.	2.5	18.5	.8		4	27	23	3.25
2	5.5	1.	24.			3	24	8.75	2.5
3	6.25	2.5	9.			1.5	12	7.75	7.5
4	12.5	3.25	31.			5.5	64	29.25	3.
5	5.5	2.25	6.			2.75	21	14.5	3.5
6	10.5	1.	13.5			4.75	24	26.	3.5
7	3.	1.75	4.			1.5	11	6.	.75
8	3.75	.75	10.			1.	6	16.75	3.
9	2.5	.75	11.5	.25		1.5	24	12.75	.5
10	12.	1.75	26.		7.	8.	8	59.5	11.
11	11.	3.75	12.5	1.		4.5	54	17.25	5.25
12	12.5	5.25	26.5			8.5	54	16.	12.
13	3.	1.5	21.	.25		2.	18	10.	7.5
14	11.75	1.5	14.		1.	2.5	24	14.5	2.
15	10.75	4.5	19.			4.	30	31.5	9.5
16	17.5	5.	26.	.25		4.5	36	24.75	8.5
17	14.75	8.5	28.	.25		6.	78	10.75	11.
18	11.	3.5	15.	.5		2.	36	15.	-
19	11.75	1.5	21.			3.5	15	9.25	5.
20	10.75	3.5	21.			6.	30	21.25	3.5
21	8.75	1.	10.		1.	3.5	12	12.	1.75
22	10.	4.	28.			4.	34	13.75	4.75
23	3.5	1.5	7.			4.5	12	4.	4.
24	6.	3.	9.			7.	12	24.	2.
25 & 52	71.	10.	39.	.5	7.	18.75	94.	118.	20.
26	8.	3.5	23.			3.	36	15.75	4.5
27	9.5	2.5	17.5			1.	24	10.5	7.5
28	5.5		14.			4.	18	17.5	5.
29	7.	1.75	18.		1.	3.5	24	10.75	9.
30	6.	2.5	14.	.5		4.	18	15.5	4.25
31	12.75	2.5	21.		1.5	3.5	30	17.	4.
32	9.5	4.5	12.			5.	24	33.75	1.
34	6.5	1.	14.		1.	2.25	24	8.75	2.
35	8.	1.	14.		1.	4.5	16	23.5	1.25
36	16.75	5.75	32.5			2.75	18	17.25	4.
37	12.	3.	14.			3.	36	13.	4.75
38	7.	.5	22.			3.5	24	24.	2.
39	8.25	5.	18.	.1	1.	5.5	24	17.5	2.75
40	9.	.75	10.			1.5	20	10.5	3.5
42	6.5	2.	10.5			2.5	12	6.75	-
43	10.	1.5	7.			3.5	29	12.5	3.5
44	5.5	3.	16.			2.75	12	9.5	4.
45	4.	4.5	7.			1.	12	8.	-
46	6.25	1.75	11.			2.	30	7.75	5.5
47	5.25	4.	22.			1.5	18	16.5	2.
48	8.	1.	24.			5.	42	13.75	5.5
49	5.5	1.	13.			2.5	18	10.75	4.75
50	.5	5.	14.5			3.	12	7.25	1.
51	10.	2.	21.		3.	4.	30	30.75	7.
Total	467.75	135.5	840.5	4.4	24.5	189.5	1311	905.	224.
per M.V.	2.5	.7	4.5	.02	.13	1.01	6.9	4.8	1.2

III.

(340)

NUMBERED IN POUNDS WEIGHT. - *Per week?*

Sugar	Vegs.	Potatoes	Fruit	Tea	Coffee	Cocoa	Etc.
4.25	3.	24.5	6.75	.75			
4.25	5.	13.25	6.	.5			
2.5	3.5	3.5	3.5	.5			
7.	5.5	28.	8.5	1.5			3½ pts. buttermilk
5.75	1.	7.	-	1.			
6.	3.5	10.5	4.25	.75			
.75	4.	5.25	4.75	.25		.25	
3.5	2.5	10.5	2.	.5			
4.	4.5	3.5	4.	.5			.5 Horlicks
13.5	5.	77.	1.	1.75			
6.	3.	10.5	9.5	.75	.25		
9.		21.	6.	2.			
4.	4.5	10.5	3.5	.5		.25	
4.	9.	14.	3.	1.			
6.	2.	17.5	4.	.75			
4.	9.5	21.	13.	.75			
9.	5.5	28.	7.5	.5			
4.	5.25	14.	12.	1.			
2.	3.	24.5	8.5	.25		1.	
6.	6.	14.	3.	1.		.25	
2.	4.	17.5	3.	.5		.25	
4.	14.	14.	5.5	1.			
2.5	7.	7.5	8.	1.			
4.	-	42.	1.	.75		.25	
17.	65.	78.	11.	3.75		1.25	
4.	5.	14.	9.	.25	.5		
2.	4.	7.	6.5	.25		.25	
3.	5.	17.5	9.	.5			
3.	8.	10.5	7.5	.5		.25	
4.	5.	7.	5.	.5			
8.	10.	17.5	8.5	1.5			1.5 Oxo
7.	1.	21.	1.	.75			
4.	6.	14.	2.	.75			
7.	7.	14.	2.5	.75			
12.	7.	21.	3.	.5			
5.	7.	14.	6.	1.		.25	
4.	4.5	7.	1.	.5			
3.	6.25	7.	7.	1.			
3.	7.	18.	7.	.5		.1	
4.	5.	17.5	-	.5		.25	
3.	10.	17.5	8.5	.5			
2.	4.	9.	1.	.5			
3.	3.	14.		.5			
5.	8.	7.	4.5	.5			
2.	5.	7.5	3.5	.25			
3.	8.	17.5	7.5	.5			
4.	4.5	10.5	4.	.5		.25	
4.	6.5	7.	8.	.5			
4.	4.	10.5	2.	1.	.5	.5	
38.	316.	824.5	252.25	38.	1.25	4.6	
1.2	1.7	4.4	1.3	.202	.007	.024	

AMOUNT OF FOODS

B.	Meat	Fish	Milk PINTS.	Cream PINTS.	Con- densed Milk	Dairy Pro- duce	Eggs	Bread	Cereals
1	3.75	4.4	25 pts.	1 pt.		3.	18.	16.75	1.
2	5.75	1.9	22			2.	12	11.75	2.5
3	8.5	1.5	9			1.75	12	10.	5.5
4	13.25	1.25	14			3.5	48	21.	4.5
5	7.25	1.5	7			3.75	30	16.	4.75
6	10.25	-	16			4.5	42	21.75	3.
7	1.5	2	4.25			1.5	6	6.5	2.
8	4.	1.5	10.5			1.	6	17.	6.5
9	8.75	1.	13.5	.25		2.	30	8.75	1.
10	11.	2.	26.		5.	7.5	12	58.	10.
11	13.5	5.	17.	.25		5.75	48	17.75	3.
12	19.75	5.	28.	.75		4.	24	27.75	13.5
13	5.5	.75	21.	.8		3.5	18	11.	5.5
14	14.25	3.5	17.		1.	3.	24	15.5	3.
15	11.	2.4	18.			4.5	30	11.5	4.
16	12.75	5.25	28.	.25		4.	36	24.25	10.
17	7.5	3.75	26.	1.		6.5	36	20.25	6.5
18	14.	1.	14.		1.	5.	30	12.	7.5
19	8.5	3.	24.			1.75	165	13.5	6.5
20	11.25	2.	21.			6.4	36	23.5	.5
21	7.5	1.75	11.5		1.	2.	12	10.	3.75
22	12.25	6.	27.	1.		4.5	60	15.25	7.
23	6.5	1.25	7.			.75	12.	6.	2.5
24	10.25	3.5	10.5		2.	6.	12.	55.	15.
25 &									
52	57.5	4.25	31.		8.	12.5	78	115.	15.
26	8.	3.	19.			3.	30	13.5	3.
27	14.5	4.	20.			2.	48	14.25	4.
28	5.25	1.5	8.		1.	4.5	18	18.	2.75
29	6.	1.75	14.			3.	24	13.5	2.
30	6.75	1.75	15.5			3.	18	16.25	2.
31	12.75	1.75	21.			4.75	42	27.	4.
32	13.25	3.5	14.			3.	24	24.	-
34	5.	1.25	14.		1.	2.25	18	16	2.
35	6.25	1.5	14.			4.	8	25.5	3.5
36	16.5	2.	27.			1.75	24	21.5	7.
37	17.	.25	17.			5.5	54	26.	5.
38	7.	-	21.			3.5	18	19.5	2.
39	8.	2.5	21.	.25		2.5	30	14.5	2.
40	9.	1.	14.			2.5	12	9.5	2.
42	5.5	4.5	14.			3.5	24	9.5	1.
43	9.	.75	7.	.25		3.5	18	14.	1.
44	5.25	2.	14.			2.	18	8.	4.
45	5.5	5.	8.			1.	18	10.	2.
46	3.75	2.5	14.			2.	24	6.75	2.
47	9.75	1.25	15.			2.25	18	20.25	4.
48	11.25	1.75	21.			4.	30	21.	6.5
49	6.	.5	14.		1.	2.5	18	15.	5.
50	6.5	4.5	12.5			3.	18	7.5	5.
51	9.	2.	19.			3.	21	16.5	9.
Total	492.5	115.95	826.25	5.8	21.	62.65	1263	953.	224.75
Per MV	2.6	.6	4.4	.03	.11	.33	6.7	5.08	1.2

CONSUMED IN POUNDS WEIGHT.

	Sugar	Vegetables	Potatoes	Fruit	Tea	Coffee	Etc.
4.	6.75	10.5	7.75	.75			
4.	6.75	7.	4.	.5			
3.	5.75	4.	1.25	.5			
8.	5.5	14.	5.5	1.			
4.	-	7.	-	.5			
6.	1.	14.	3.25	.5			
.75	2.5	2.	4.75	1.1	.1		
4.	3.5	7.	4.5	.5			
1.	1.	7.	6.	.5			.1 Horlicks
10.	5.	56.	2.	2.			
4.	8.	12.	5.	.75			
6.	8.	21.	7.5	1.			
4.	6.	10.5	5.5	.5			
4.	4.	7.	4.	.5	.5		
5.	3.5	14.	1.5	.5	.5		
4.	8.5	10.	12.	.75			
7.	2.	24.5	3.	.5			
4.	13.	14.	6.5	.5	.5		
1.5	4.5	9.	12.	.5			.4 Ovaltine
4.75	8.25	12.	7.	1.			
2.	5.5	7.	5.	.75			
4.	8.	7.	6.5	1.			
.5	3.5	2.	7.	.5			
8.	17.	28.	6.	1.			
17.	39.	112.	33.	2.75			.5 Cocoa
4.	3.	14.	3.	.25	.25		
2.	5.	14.	5.	.5			.25 Cocoa
2.	8.	7.	6.	.5			
4.	5.	7.	9.	.5			
4.	6.	7.	4.	.25	.5		
8.	7.25	14.	6.	1.			
4.	7.	14.	2.	.5			
4.	4.	10.5	8.	.75	.5		.1 Cocoa
6.5	13.	28.	4.	1.			
4.	14.	26.	22.	1.			
4.	8.	14.	11.	.5			
2.	5.	7.	3.	.5			
2.	11.	7.	2.	.75			
2.	3.	7.	4.5	.25			
4.	6.	14.	5.5	1.			.1 Cocoa
3.	10.	12.	7.	.5			.5 Ovaltine
2.	2.5	7.	-	.5			.1 Cocoa
3.	5.	12.		.5			
4.	4.	6.	4.	.5			
2.	7.	7.	4.5	.5			.5 Marmite
2.	6.	14.	8.	1.			
4.	4.5	14.	4.5	.5	.5		
2.	5.5	7.	13.	.5			
4.	7.	10.5	3.	.5			
203.	333.25	698.5	299.5	33.6	3.35		2.55
1.08	1.8	3.7	1.6	.18	.018		.013

NOTES

MEAT - Beef, mutton, port, bacon, ham, offal, sausages, etc.

FISH AND GAME - fresh, dried, smoked and tinned fish, rabbits and fowls.

DAIRY PRODUCE - butter, cheese, margarine.

BREAD - white, brown, currant bread.

cakes; teabread and biscuits.

CEREALS AND LEGUMENS. - flour, oatmeal, rice, peas, beans, lentils, etc.

SUGAR - sugar, sweets, jam, honey.

VEGETABLES - carrots, turnips, cabbage, cauliflower and green vegetables.

FRUIT - fresh fruits, dried fruits, etc.

	Meat	Fish	Milk	Cream	Con- densed Milk	Dairy Pro- duce	Eggs	Bread	Cereals	Sugar	Vegs.	Potatoes	Fruit	Tea	Coffee	Cocoa	Etc.
	lbs.		pts.	pts.				lbs.									
A	2.5	.7	4.5	.02	.13	1.01	6.9	4.8	1.2	1.2	1.7	4.4	1.3	.202	.007	.024	-
B	2.6	.6	4.4	.03	.11	.33	6.7	5.08	1.2	1.08	1.8	3.7	1.6	.18	.018	.013	-
St. Andrews	2.04	.49	4.68	.03	-	1.42	-	5.4	1.13	1.74	3.48		1.54	.17	.01	.01	-
Cardiff	1.73	.36	1.89	-	-	1.57		6.49	.9	1.58	3.92		.87	.2		.01	-
Reading	1.92	.26	3.3		.9	5.71		5.71	.91	1.67	5.		.79	.16		.03	

GROUP I.

	Meat	Fish	Milk	Cream	Con- densed Milk	Dairy Pro- duce	Eggs	Bread	Cereals	Sugar	Vegs.	Potatoes	Fruit	Tea	Coffee	Cocoa	Etc.
A 1	5.	2.5	18.5	.8	-	4.	27	23	3.25	4.25	3.	24.5	6.75	.75	-	-	-
7	3.	1.75	4.	-	-	1.5	11	6	.75	.75	4.	5.25	4.75	.25	-	.25	-
18	11.	3.5	15	.5	-	2.	36	15	-	4.	5.25	14.	12.	1.	-	-	-
19	11.75	1.5	21	-	-	3.5	15	9.25	5.	2.	3.	24.5	8.5	.25	-	1.	-
23	3.5	1.5	7	-	-	4.5	12	4.	4.	2.5	7.	7.5	8.	1.	-	-	-
36	16.75	5.75	32.5	-	-	2.75	18	17.25	4.	12.	7.	21.	3.	.5	-	-	-
43	10.	1.5	7.	-	-	3.5	29	12.5	3.5	3.	10.	17.5	8.5	.5	-	-	-
50	.5	5.	14.5	-	-	3.	12	7.25	1.	4.	6.5	7.	8.	.5	-	-	-
Total	61.5	23.	119.5	1.3	-	24.75	160	94.25	21.5	32.5	45.75	121.25	59.5	4.75	-	1.25	-
Aver.	2.7	1.02	5.3	.05	-	1.09	7.07	4.1	.9	1.4	2.02	5.3	2.6	.2	-	.05	-

Man Value - 22.62

GROUP 2.

	Meat	Fish	Milk	Cream	Con- densed Milk	Dairy Pro- duce	Eggs	Bread	Cereals	Sugar	Vegs.	Potatoes	Fruit	Tea	Coffee	Cocoa Etc.
A 3	6.25	2.5	9.	-	-	1.5	12	7.75	7.5	2.5	3.5	3.5	3.5	.5	-	-
26	8.	3.5	23.	-	-	3.	36	15.75	4.5	4.	5.	14	9.	.25	.5	-
27	9.5	2.5	17.5	-	-	1.	24	10.5	7.5	2.	4.	7.	6.5	.25	-	.25
Total	23.75	8.5	49.5	-	-	5.5	72	34.	19.5	8.5	12.5	24.5	19.	1.	.5	.25
Aver.	2.7	.9	5.7	-	-	.6	8.3	3.9	2.01	.9	1.4	2.8	2.2	.11	.05	.025

Man Value - 8.69

GROUP 3.

	Meat	Fish	Milk	Cream	Con- densed Milk	Dairy Pro- duce	Eggs	Bread	Cereals	Sugar	Vegs.	Potatoes	Fruit	Tea	Coffee	Cocoa Etc.
A 2	5.5	1.	24.	-	-	3.	24	8.75	2.5	4.25	5.	13.25	6.	.5	-	- -
11	11.	3.75	12.5	1	-	4.5	54.	17.25	5.25	6.	3.	10.5	9.5	.75	.25	- -
12	12.5	5.25	26.5	-	-	8.5	54.	16.	12.	9.	-	21.	6.	2.	-	- -
16	17.5	5.	26.	.25	-	4.5	36	24.75	8.5	4.	9.5	21.	13	.75	-	- -
17	14.75	8.5	28.	.25	-	6.	78	10.75	11.	9.	5.5	28.	7.5	.5	-	- -
22	10.	4.	28.	-	-	4.	34	13.75	4.75	4.	14.	14.	5.5	1.	-	- -
34	6.5	1.	14.	-	1.	2.25	24	8.75	2.	4.	6.	14.	2.	.75	-	- -
38	7.	.5	22.	-	-	3.5	24	24.	2.	4.	4.5	7.	1.	.5	-	- -
40	9.	.75	10.	-	-	1.5	20	10.5	3.5	3.	7.	18.	7.	.5	-	.1 -
49	5.5	1.	13.	-	-	2.5	18	10.75	4.75	4.	4.5	10.5	4.	.5	-	.25 -
Total	99.25	30.75	204.	1.5	1.	40.25	366	145.25	56.25	51.25	59.	157.25	61.5	7.75	.25	.35 -
Aver.	2.6	.8	5.4	.04	.02	1.07	9.7	3.8	1.5	1.09	1.6	4.1	1.6	.2	.006	.009

Man Value - 37.57

GROUP 4.

	Meat	Fish	Milk	Cream	Con- densed Milk	Dairy Pro- duce	Eggs	Bread	Cereals	Sugar	Vegs.	Potatoes	Fruit	Tea	Coffee	Cocoa	Etc
A 4	12.5	3.25	31.	-	-	5.5	64	29.25	3.	7.	5.5	28.	8.5	1.5	-	-	3 1/2 pts Butter Milk
6	10.5	1.	13.5	-	-	4.75	24	26	3.5	6.	3.5	10.5	4.25	.75	-	-	-
8	3.75	.75	10.	-	-	1.	6	16.75	3.	3.5	2.5	10.5	2.	.5	-	-	-
13	3.	1.5	21.	.25	-	2.	18	10.	7.5	4.	4.5	10.5	3.5	.5	-	.25	-
15	10.75	4.5	19.	-	-	4.	30	31.5	9.5	6.	2.	17.5	4.	.75	-	-	-
20	10.75	3.5	21.	-	-	6.	30	21.25	3.5	6.	6.	14.	3.	1.	-	.25	-
28	5.5	-	14.	-	-	4.	18	17.5	5.	3.	5.	17.5	9.	.5	-	-	-
29	7.	1.75	18.	-	1.	3.5	24.	10.75	9.	3.	8.	10.5	7.5	.5	-	.25	-
30	6.	2.5	14.	.5	-	4.	18	15.5	4.25	4.	5.	7.	5.	.5	-	-	-
31	12.75	2.5	21.	-	1.5	3.5	30	17.	4.	8.	10.	17.5	8.5	1.5	-	-	1.5 oxo
39	8.25	5.	18.	.1	1.	5.5	24	17.5	2.75	3.	6.25	7.	7.	1.	-	-	-
42	6.5	2.	10.5	-	-	2.5	12	6.75	-	4.	5.	17.5	-	.5	-	.25	-
44	5.5	3.	16.	-	-	2.75	12	9.5	4.	2.	4.	9.	1.	.5	-	-	-
Total	102.75	31.25	227.	.85	3.5	49.	310.	229.25	59.	59.5	67.25	177.	63.25	10.	-	1.	-
Aver.	2.4	.7	5.1	.02	.8	1.1	7.2	5.3	1.3	1.3	1.6	4.1	1.5	.2	-	.02	-

Man Value - 43.04

GROUP 5.

[illegible]

Group 6.

Group	Meat	Fish	Milk	Cream	Con- densed Milk	Dairy Pro- duce	Eggs	Bread	Cereals	Sugar	Vegs.	Potatoes	Fruit	Tea	Coffee	Cocoa	Etc.
A 24	6.	3.	9	-	-	7.	12	24.	2.	4.	-	42.	1.	.75	-	.25	
45	4.0	4.5	7	-	-	1.	12	8	-	3.	3.	14.	-	.5	-	-	-
Total	10.	7.5	16	-	-	8.	24	32.	2.	7.	3.	56.	1.	1.25	-	.25	-
Aver.	1.05	.78	1.6	-	-	.8	2.5	3.3	.2	.7	.3	5.8	.1	.13	-	.02	-

Man Value - 9.56

TABLE V.

Group	Meat	Fish	Milk	Cream	Con- densed Milk	Dairy Pro- duce	Eggs	Bread	Cereals	Sugar	Vegs.	Potatoes	Fruit	Tea	Coffee	Cocoa	Etc.
1	2.7	1.02	5.3	.05	-	1.09	7.07	4.1	.9	1.4	2.02	5.3	2.6	.2	-	.05	-
2	2.7	.9	5.7	-	-	.6	8.3	3.9	2.01	.9	1.4	2.8	2.2	.11	.05	.025	-
3	2.6	.8	5.4	.04	.02	1.07	9.7	3.8	1.5	1.09	1.6	4.1	1.6	.2	.006	.009	
4	2.4	.7	5.1	.02	.8	1.1	7.2	5.3	1.3	1.3	1.6	4.1	1.5	.2	-	.02	-
5	2.5	.52	3.4	.01	.3	.9	5.9	5.6	.9	1.2	1.9	4.3	.7	.2	.003	.03	.003
6	1.05	.78	1.6	-	-	.8	2.5	3.3	.2	.7	.3	5.8	.1	.13	-	.02	-

TABLE VI.

<u>Beef</u>	- 50 families - 4 families chilled beef
<u>Mutton and lamb</u>	- 29 families. 6 families consume lamb.
<u>Sausages</u>	- 33 families. 3 families eat port sausages.
<u>Tripe</u>	- 2 families.
<u>Tongue</u>	- 4 families
<u>Veal</u>	- 2 families
<u>Rabbit</u>	- 5 families
<u>Chicken</u>	- 3 families
<u>Bacon and Ham</u>	- 46 families. (9 families eat ham; 1 family eats gammon)
<u>Pork</u>	- 5 families
<u>Fish</u>	- 49 families
<u>Milk</u>	- 50 families
<u>Cream</u>	- 9 families
<u>Condensed Milk</u>	- 10 families
<u>Buttermilk</u>	- 1 family
<u>Butter</u>	- 48 families
<u>Margarine</u>	- 25 families
<u>Cheese</u>	- 37 families
<u>Eggs</u>	- 50 families
<u>Bread</u>	- 50 families. 21 families eat brown bread. 18 families eat tea bread.
<u>Cereals</u>	- 42 families. Flour - 23 families
	Rice - 10 families
	Oatmeal - 12 families
	Tapioca - 7 families
	Sago - 4 families
	Cornflour - 1 family
<u>Legumines</u>	- 25 families. Lentils - 10 families
	Peas - 14 families
	Beans - 10 families
<u>Sugar</u>	- 50 families
<u>Vegetables</u>	- 48 families
<u>Potatoes</u>	- 50 families
<u>Fruit</u>	- 48 families
<u>Tea</u>	- 50 families
<u>Coffee</u>	- 3 families
<u>Cocoa</u>	- 14 families
<u>Horlicks</u>	- 1 family
<u>Oxo</u>	- 1 family

ASH CONSTITUENTS OF FOODS IN PERCENTAGE OF THE EDIBLE PORTION.

(Compiled from various sources) Sherman - Chemistry of Food
and Nutrition.

	<u>Calcium</u>	<u>Phosphorus</u>	<u>Iron</u>
Apples007	.012	.00036
Apricot014	.025	.0006
Bacon (10% Protein)	.006	.108	.0015
Bananas009	.031	.00064
Barley043	.400	.0041
Beans (dried) . .	.160	.471	.0079
Beans, Kidney (dry)	.132	.475	.0079
Beans, Lima (dry)	.071	.338	.0086
Beans, Lima (fresh)	.028	.133	.0024
Beans, String (fresh)	.046	.052	.0010
Beef, lean (20% protein)	.012	.216	.0030
Beets029	.039	.00085
Blackberries . .	.017	.034	.0009
Blood008	.031	.0526
Bread, Rye024	.148	.0016
Bread, Brown . .	.129	.185	.0030
Bread, White . .	.027	.093	.0009
Brussels Sprouts .	.027	.120	.00117
Butter015	.017	.0002
Buttermilk105	.097	.00025
Cabbage045	.029	.00043
Cabbage Greens . .	.106	.099	.0018
Carrots056	.046	.00064
Cauliflower123	.061	.00094
Cheese931	.683	.0013
Chocolate092	.455	.0027
Cider008	.009	.0002
Cocoa112	.709	.0027
Cranberries071	.011	.00044
Cream086	.067	.00022
Cucumber016	.033	.00033
Currants (dry) . .	.082	.195	.004
Currants (fresh) .	.026	.038	.00063
Dates065	.056	.00356
Eggs067	.18	.0030
Flour B. wh. . .	.010	.176	.0012
Flour/			

ASH CONSTITUENTS (Continued)

	<u>Calcium</u>	<u>Phosphorus</u>	<u>Iron</u>
Flour, ent. wh.	.031	.238	.0025
Flour, white	.020	.092	.0010
Flour, rye	.018	.289	.0013
Gooseberries	.035	.031	.0005
Grape Fruit	.021	.020	.00027
Grape Fruit Juice	.011	.011	.0003
Grapes	.019	.031	.00073
Honey	.004	.019	.0007
Horse Radish	.096	.076	-
Leeks	.058	.006	.00065
Lemons	.036	.022	.0006
Lemon juice	.024	.010	-
Lentils (dry)	.107	.438	.0086
Lettuce	.043	.042	.0007
Macaroni	.022	.144	.0012
Meat Extract	.085	2.800	-
Meat Extract Pepton	.025	1.130	-
Milk	.120	.093	.00024
Milk, skimmed	.122	.096	.00025
Milk, condensed	.3	.235	.0006
Molasses	.211	.044	.0073
Mushroom	.017	.108	.0007
Mustard	.492	.755	-
Oatmeal	.069	.392	.0038
Onion	.034	.045	.00048
Oranges	.045	.021	.00052
Orange juice	.029	.016	.0024
Parsnips	.059	.076	.00077
Peaches	.016	.024	.00033
Pears	.015	.026	.00032
Pear Juice	.009	.011	-
Peas, dried	.084	.400	.0057
Peas, fresh	.028	.127	.00207
Pineapple/			

ASH CONSTITUENTS (Continued)

	<u>Calcium</u>	<u>Phosphorus</u>	<u>Iron</u>
Pineapple018	.028	.00037
Plums020	.032	.00056
Pork (10% protein)006	.108	.0015
Potatoes014	.058	.00091
Prunes, dried054	.105	.00285
Raisins064	.132	.00285
Raspberries049	.052	.00088
Raspberry juice021	.012	-
Rhubarb044	.031	.00056
Rice, white009	.096	.0009
Rye055	.385	.0039
Shredded wheat041	.324	.0045
Strawberries041	.028	.00068
Tapioca023	.018	.0016
Tomato011	.034	.00044
Tomato juice006	.015	-
Turnips064	.046	.00052
Vinegar016	.013	.0003
Walnuts089	.358	.0021
Water Cress187	.005	.00297
Wheat - entire045	.423	.0050
Wheat - bran120	1.215	.0078
Wheat/			

ASH CONSTITUENTS (Continued)

	<u>Calcium</u>	<u>Phosphorus</u>	<u>Iron</u>
Wheat - germ . .	.071	1.050	-
Fish per 100 grams Protein	.109	1.148	.0055
Meat per 100 grams Protein	.058	1.078	.0156

A & B	1 Average of A & B per Week			2 Average of A & B per Week per Man Value			3 Average of A & B per Man Value per day.			Social Group
	Calcium	Phos- phorus	Iron	Calcium	Phos- phorus	Iron	Calcium	Phos- phorus	Iron	
1	20.853	39.593	.3127	4.14	7.8	.062	.59	1.1	.0009	1
2	16.207	27.430	.2905	6.16	10.43	.1104	.88	1.49	.0158	3
3	10.683	32.873	.3117	5.83	17.96	.1703	.83	2.56	.0243	2
4	14.278	55.459	.4647	2.60	10.1	.085	.37	1.44	.012	4
5	11.623	33.606	.396	3.31	9.63	.113	.47	1.37	.016	5
6	18.032	39.636	.4035	5.108	11.23	.114	.729	1.604	.016	4
7	6.456	12.868	.1263	3.88	7.75	.076	.554	1.109	.011	1
8	11.359	27.119	.2878	4.87	11.64	.123	.69	1.66	.017	4
9	9.089	24.449	.2687	3.41	9.2	.101	.49	1.31	.0144	5
10	41.511	99.349	.9532	4.38	10.5	.1008	.62	1.5	.0144	5
11	21.073	52.505	.5111	4.69	11.69	.114	.67	1.67	.0163	3
12	27.201	80.904	.9155	5.84	17.36	.196	.834	2.48	.028	3
13	18.93	34.512	.3469	8.49	15.47	.155	1.21	2.21	.022	4
14	21.134	41.502	.4292	7.94	15.6	.161	1.12	2.23	.023	5
15	19.409	38.870	.4084	4.66	9.34	.981	.66	1.33	.14	4
16	25.15	68.09	.8183	5.9	15.98	.191	.84	2.28	.027	3
17	28.716	52.226	.5650	6.16	11.2	.121	.88	1.6	.017	3
18	18.865	45.763	.5204	5.405	13.1	.149	.772	1.87	.021	1
19	24.981	43.85	.4073	7.22	12.67	.118	1.03	1.81	.017	1
20	22.547	45.44	.4657	5.88	11.86	.121	.84	1.69	.017	4
21	12.428	30.067	.3204	5.33	12.9	.133	.76	1.84	.019	5
22	32.42	44.459	1.1493	6.09	8.36	.216	.87	1.19	.031	3
23	10.382	23.674	.3206	6.25	14.25	.193	.89	2.03	.027	1
24	37.026	93.143	.9613	5.502	13.84	.143	.786	1.98	.02	6
25-52	90.25	230.576	2.6954	4.23	10.1	.126	.60	1.43	.018	3 5
26	14.813	36.876	.3090	3.502	8.71	.073	.50	1.24	.0104	2
27	16.797	47.436	.5047	6.15	17.37	.185	.88	2.48	.026	2
28	17.436	32.226	.3129	4.67	8.64	.084	.67	1.23	.012	4
29	16.554	29.816	.2836	5.78	10.53	.1	.82	1.5	.014	4
30	17.242	30.002	.3116	7.09	12.34	.128	1.01	1.76	.018	4
31	24.334	41.9	.4841	5.22	8.99	.104	.74	1.28	.015	4
32	13.617	43.916	.4739	3.12	10.007	.109	.445	1.43	.015	5
34	18.675	31.231	.2845	6.6	11.03	.1	.94	1.57	.014	3
35	18.427	46.367	.5120	4.68	11.79	.13	.67	1.68	.019	5
36	28.931	63.841	.17215	7.55	16.66	.188	1.08	2.38	.027	1
37	21.01	51.394	.6082	5.74	14.04	.166	.82	2.01	.024	5
38	26.199	42.046	.4323	7.16	11.48	.118	1.02	1.64	.017	3
39	21.201	34.735	.3331	5.79	9.49	.091	.83	1.35	.013	4
40	11.791	27.452	.2881	5.06	11.78	.123	.72	1.68	.018	3
42	12.088	28.676	.2902	6.6	15.66	.158	.94	2.24	.022	4
43	17.023	33.513	.3493	10.25	20.18	.21	1.46	2.88	.03	1
44	15.158	26.586	.2444	6.5	11.4	1.05	.93	1.63	.015	4
45	7.378	27.177	.2759	2.6	9.6	.097	.37	1.37	.014	6
46	17.553	29.046	.3283	6.6	10.92	.123	.94	1.56	.018	5
47	17.897	43.154	.5098	9.78	23.57	.2778	1.39	3.37	.039	5
48	20.601	51.332	.3515	4.52	11.26	.077	.64	1.61	.011	5
49	19.731	37.617	.4094	6.61	12.83	.139	.94	1.83	.019	3
50	18.493	38.331	.4181	10.1	20.94	.228	1.44	2.99	.032	1
51	18.182	43.21	.4357	6.42	15.26	.154	.91	2.18	.022	5
Total							40.09	87.673	1.0576	
Average							.82	1.789	.0215	

A 36 - 2nd day. (Alex).

<u>Breakfast</u>	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories.</u>
1 plate porridge	35	10.8	7.	246.
$\frac{3}{4}$ pint milk	22.5	15.	15.	285.
2 sausages	1.2	18.	42.	454.8
$1\frac{1}{2}$ slices bread	75.	13.5	2.25	375.
$\frac{1}{2}$ cup tea, with sugar and milk	2.9	.25	.25	14.75
1 apple	15.	-	-	60.
<u>Lunch</u>				
3 ozs. mince	-	25.	16.	244.
Green peas	20.	8.	-	112.
2 Potatoes	40.	4.	.2	177.8
1 tomato	3.	1.5	-	18.
Fresh apricot	15.	-	-	60.
1 cup milk	5.	3.3	4.	69.
<u>Tea</u>				
3 fried sole and 2 haddocks	-	100.	10.	490.
$1\frac{1}{2}$ slices bread	53.	9.	1.	257.
	26.5	4.5	.5	128.5
2 pats butter			12.5	112.5
4 scones	84.	18.	12.	516.
2 pats butter			12.5	112.5
Marmalade	38.			152.
<u>Supper</u>				
2 shortbread biscuits.	124.	16.	52.	1028.
1 cup cocoa	8.	2.	2.3	61.
1 cup milk	5.	3.3	4.	69.
2 slices brown bread	100.	18.	3.	500.
Marmalade	19.			76.
	692.1	270.15	196.5	5617.5

A 45 - 3rd day (Grandfather).

	<u>Carbohydrate</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
<u>Breakfast</u>				
1 slice bread (white)	53	9	1	257
1 pat butter			6.2	56
2 cups tea, with milk and sugar	11.5	1	1	59
 <u>Dinner</u>				
3 sausages	1.8	27	63	682.2
3 potatoes	60	6	.3	266.2
 <u>Tea</u>				
1 cup tea, with milk and sugar	5.75	.5	.5	29.5
1 slice bread	53.	9	1	257.
Jam	18.			72.
	<hr/>			
	203.05	52.5	73.	1679.2